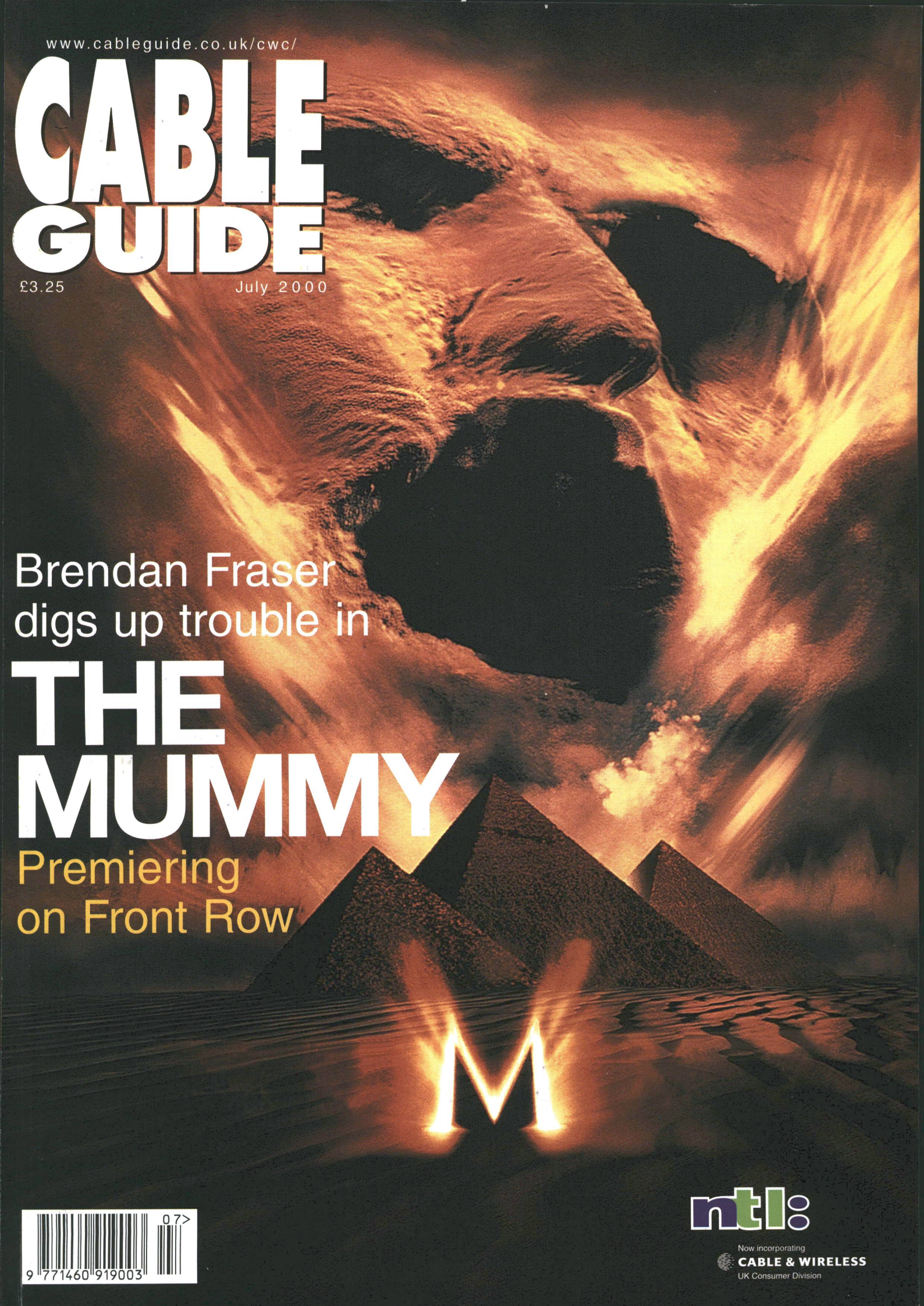
www.cableguide.co.uk/cwc/

CABLE GUIDE

£3.25 July 2000



Brendan Fraser digs up trouble in

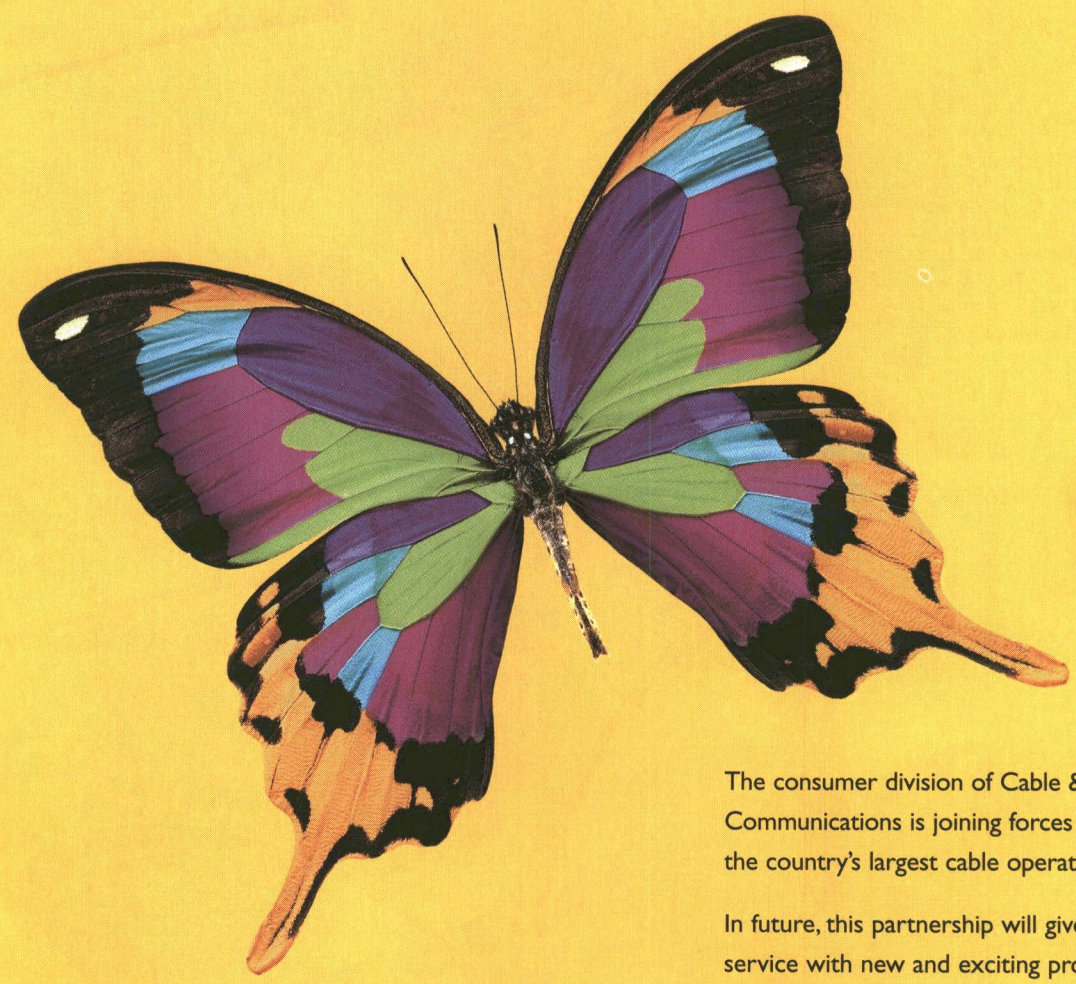
THE MUMMY

Premiering on Front Row

ntl:
Now incorporating
CABLE & WIRELESS
UK Consumer Division

07
9 771460 919003

We're changing into **ntl.**



The consumer division of Cable & Wireless Communications is joining forces with **ntl**, to create the country's largest cable operator.

In future, this partnership will give you an enhanced service with new and exciting products.

We'll keep you posted about these changes when they happen. Over the next few months you'll see our name change – to **ntl**.

ntl:

Now incorporating
CABLE & WIRELESS
UK Consumer Division

ntl Communications Service Limited, acts for itself and as agent for associated companies including those holding telecommunications licences.
Registered office: **ntl** House, Bartley Wood Business Park, Hook, Hampshire, RG27 9XA. Registered in England No: 3403985.

ntl:
Now incorporating
CABLE & WIRELESS
UK Consumer Division

Editor ROBIN JAROSSI
Deputy Editor DIANA BAXTER

Features Editor IAN MACEWAN
Chief Sub, Features GRAHAM OLIVER
Sub Editor PHILIPPA PROBERT

Art Editor PETER WEST
Deputy Art Editor SU BLACKBURN
Picture Editor ANNY CHETTLEBOROUGH

Listings Editor IAN MACPHAIL
Deputy Listings Editor
NICOLE SCHROEDER

Website Editor GRAHAM PARKER

Production Manager CLARE HEINE
Distribution Manager JUDI BLOCKHUYSEN
Production Assistant LAURA FLETCHER

IT Manager GRAHAM SIBLEY

Advertisement Manager SUE DAVISON
Senior Sales Executive SIMON CATLEY

Director of Business Development
HEATHER AYLOTT
New Business Manager
ANNA MURPHY

Managing Director MIKE ROBERTS

Cable Guide is published by *Cable Guide* Limited at 40 Bernard Street, London WC1N 1LE.
Tel 020-7419 8419. Fax 020-7419 8400
E-mail: cableguide@cablegde.demon.co.uk
Registered Office: Telewest Communications Group, Unit 1, Genesis Business Park, Albert Drive, Woking, Surrey GU21 5RW.
Registered in England No. 2025654.
ISSN 1460-9193.
Repro by Digital Response, London.
Printed by St Ives plc.
© *Cable Guide* Limited 2000

ABC
2,067,752
Circulation July-December

CABLE & WIRELESS
CONTACT NUMBERS
QUICK-FIND GUIDE TO YOUR CABLE & WIRELESS CUSTOMER SERVICE

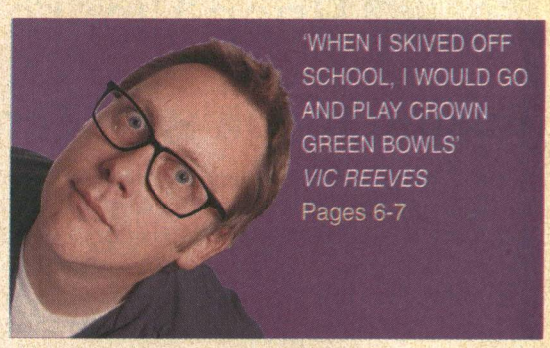
Billing and General Enquiries
1503 (FREECALL) from your Cable & Wireless telephone line
0870 900 1503 (national rate) from any other public telephone provider
To report a fault with your telephone or television
151 (FREECALL) from any Cable & Wireless telephone line
08000 567 151 (FREECALL) from any other public telephone provider

Certain channels detailed in *Cable Guide* may not be available in your area. Please check your Channel Guide for details. All information correct at time of going to press and applicable to residential customers only.
Cable & Wireless service available only at serviceable locations.

CONTENTS PHOTOS: BSKYB, DISCOVERY, EMPICS, NBC, RETNA, SIMON ROWE, MARTIN SALTER, UNIVERSAL. COVER PHOTO: UNIVERSAL PICTURES

Contents

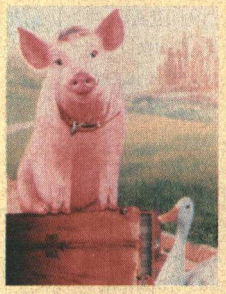
Brian Viner's Cable Stars Pages 2, 3
In Production Page 4
Interview: Vic Reeves Pages 6, 7
Drama: *The West Wing* Page 9
Behind the Scenes: *The Bill* Pages 10, 11
New Series: *Charmed* Page 12
Premiere: *The Mummy* Pages 14, 15
Front Row: July's movies on-demand Pages 16, 17
Films on Cable – A-Z guide to this month's movies Pages 18-23
Sports Diary Pages 24-28
One-Day Cricket Page 26
Your Programme Guide – the day-by-day guide to July's Cable TV Pages 29-214
Cable & Wireless Viewing Choices Page 41
Prize Crossword, Love Stars Page 59
Power Cable Pages 95, 101
Lifestyle Page 137
Out of This World Page 161
Viewers' Views Page 216


'WHEN I SKIVED OFF SCHOOL, I WOULD GO AND PLAY CROWN GREEN BOWLS'
VIC REEVES
Pages 6-7

'I KEPT ON THINKING: DON'T FALL OFF THE CAMEL'
BRENDAN FRASER STARS IN
THE MUMMY
Pages 14-15

DON'T MISS LENNOX LEWIS LIVE ON SKY BOX OFFICE ON SATURDAY 15 JULY. SEE PAGE 8 FOR FULL DETAILS.
SKY box office

Films

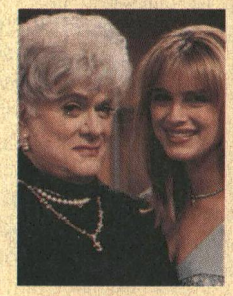


There are more adventures for the loveable 'sheep pig' in the charming sequel **BABE: PIG IN THE CITY** (Sky Premier, Sunday 30th); Vince Vaughn plays Norman Bates in Gus Van Sant's remake of the Alfred Hitchcock classic **PSYCHO** (Sky Premier, Saturday 29th)

Sport

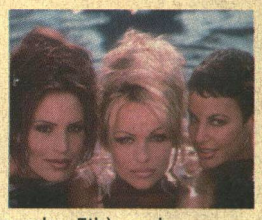
England, Zimbabwe and the West Indies contest the **NATWEST SERIES** triangular cricket competition (Sky Sports 1, from Thursday 6th); plus Silverstone plays host to the **BRITISH SUPERBIKE** Championship (Sky Sports 1 and 3, Sunday 2nd)

Comedy



Tony Curtis is the guest star in the first new episode of **SUDDENLY SUSAN** (Sky One, Saturdays); sci-fi comedy **THIRD ROCK FROM THE SUN** reaches its season finale (Sky One, Sunday 30th); and there are lots of laughs in **FIRST OF THE SUMMER WINE** (UK Gold, Sunday 30th)

Drama



Pamela Anderson Lee returns in **VIP** (Sky One, Saturday 1st, then Sundays); Miranda Richardson, Beth Winslet and Trudie Styler star in **THE SCOLD'S BRIDLE** (UK Gold, Tuesday 4th and Wednesday 5th); and post-apocalyptic drama **THE LAST TRAIN** arrives on ITV2 (Sunday 2nd-Friday 7th)

Factual/Lifestyle

Meet 'the new Steve Irwin' in the wildlife series **O'SHEA'S GREAT ADVENTURE** (Discovery, Friday-Monday from Friday 14th); **IKE AND MONTY – GENERALS AT WAR** (UK Horizons, Sunday 9th) exposes the feud between Field Marshal Montgomery and General Eisenhower

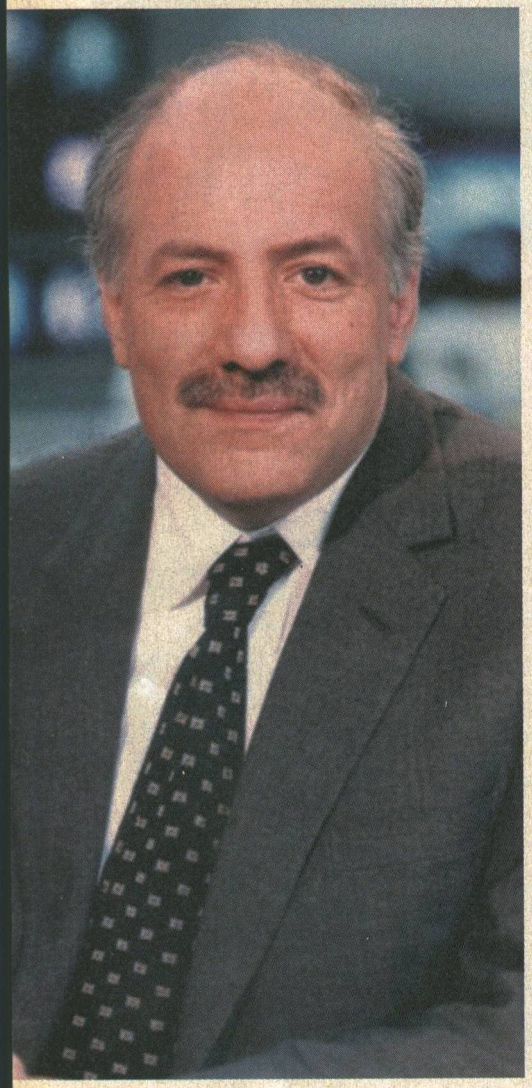
Music

The guys from Madness hit the big screen in **TAKE IT OR LEAVE IT** (VH1, Tuesday 11th), and form part of a tribute to ABBA in **ABBA NIGHT** (ITV2, Saturday 8th); and there's a whole day devoted to the Queen of Pop, **BRITNEY SPEARS** (MTV, Thursday 27th)

Brian Viner's Cable Stars

Talking tough with Tim

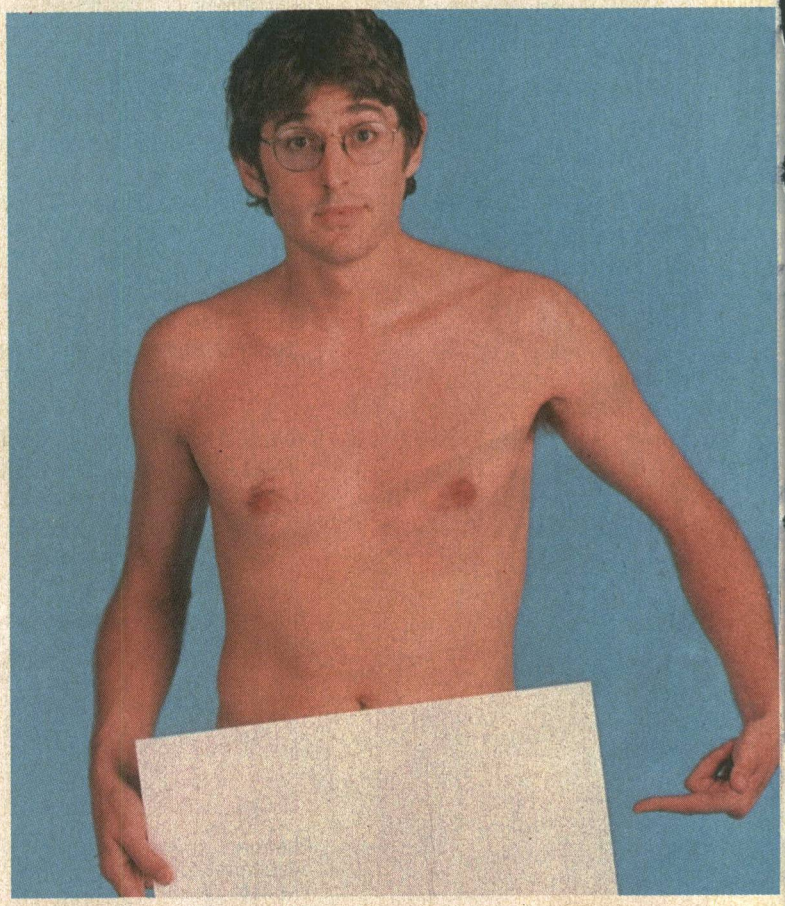
Beating Jeremy Paxman is a scenario that might regularly unfold in the dreams of various politicians, but it rarely happens in real life. However, Tim Sebastian recently did just that, beating Paxman and Martin Bashir to the Royal Television Society's prestigious Interviewer of the Year award. I used to work with Tim – at one time the BBC's correspondent in Moscow and then Washington – and know him as an affable man of enormous charm. Add a nose for a good story, and that is a potent combination for an interviewer, as Tim proves again and again in his acclaimed talk show *HARDtalk*.



When I ask him to recall his most memorable encounters, he mentions Elizabeth Kim, a Korean woman, whose mother supposedly brought dishonour on the family by marrying an American GI – Ms Kim's earliest memory was of seeing her mother hanged by her grandfather and uncle. 'Such stories just take your breath away,' says Tim. 'I also remember talking to the IRA informer Eamonn Collins, who came on the programme the day his house was firebombed. He was a very worried man, and with good reason, because a few weeks later he was finished off. I recall him describing how, as an IRA man, he walked into a bar and shot an off-duty police officer in cold blood, and at the end of that day didn't think he had done anything unusual at all. Incredible. In a different way, I also have very interesting memories of King Hussein. What I remember most about him is how gracefully he lied about his illness.'

At the top of Tim's wish list, in terms of future guests, are Tony Blair and Bill Clinton, while recent guests include the controversial historian David Irving, whose appearance generated a great deal of feedback, fairly equally divided between those who felt he had been denied a fair hearing, and those who complimented Tim for destroying his arguments. 'I confronted him with his remark that more women died in the back of Ted Kennedy's car at Chappaquidick, than died in the gas chambers at Auschwitz,' says Tim. 'Actually, I found that he could be extremely charming. But I think he no longer recognises the difference between the truth, and what he would like to have been the truth.'

HARDtalk, BBC News 24, weekdays, 9.30pm



Louis reveals the naked truth

Louis Theroux is the most genial and engaging of men, qualities that stand him in good stead in his encounters with assorted oddballs on his BBC series *Louis Theroux's Weird Weekends*. But what, I am anxious to know, makes his blood boil? He thinks long and hard. 'I get quite angry when I see Geri Halliwell performing on television,' he says. 'To me she is the musical equivalent of Eddie the Eagle. She's up for it and we're supposed to be pleased that she's up for it. But should there not at least be some borderline level of competence?'

As for Theroux's own levels of competence, Oxford University deemed him worthy of a first-class honours degree in history, something which helps when he meets oddballs. 'I studied the Scientific movement in 17th-century Europe, which was basically about lots of crackpot beliefs,' he says. 'But I like all that. In fact, the kink in my own make-up is how much I enjoy the company of weird people. I did a programme about UFOs and really enjoyed meeting a man who styled himself Lord Commander of the Earth, and believed that he and his girlfriend were keeping the alien hordes at bay.'

Then there was the programme in which Theroux – the son, incidentally, of the celebrated travel writer Paul Theroux – got to star in a gay porn film. 'It was called *Take a Peak* and it was set in the mountains, with a kind of skiing motif. I played the park ranger.' And did he participate in the sex scenes? 'No. For one thing I am a committed heterosexual in a steady relationship. And for another, I was only getting $50, and felt I was already earning that by wearing a uniform that was three sizes too small.'

Louis Theroux's Weird Weekends, UK Horizons, Tuesday 25th and Wednesday 26th, 12.05am

Maureen scores as Maggie

Of the countless characters Maureen Lipman has played on television, her all-time favourite is sex-mad Maggie in Richard Harris's much-loved play about a cricket club, *Outside Edge*. Much later, *Outside Edge* was turned into a series, with Josie Lawrence as Maggie, and Brenda Blethyn as the put-upon wife, Miriam, but in the minds of everyone who saw the 1982 adaptation, Lipman remains the quintessential Maggie.

Not, of course, that Lipman has anything remotely in common with a fur-coated woman of rather easy virtue, given to flaunting her cleavage. So on whom did she base her representation, I wonder? 'On one of the mothers at my children's school,' she says. 'One day outside the school gates I saw her, a wonderfully laid-back girl, leaning languorously back on her car, smoking a roll-up. She said in a flat north London accent, "I've met this really amazing Australian anthropologist. He's quite boring, but really amazing in bed."

'I could have hugged her! From there it all fell into place. I borrowed everything, lock, stock, and barrel – even the accent. We've since become good friends … she is now a sex therapist!'

Outside Edge, Granada Plus, Sunday 9th, 7.00pm

Beth Winslet's winning ways

Beth Winslet, the 21-year-old sister of Kate, appears this month in a stirring drama based on the Minette Walters novel *The Scold's Bridle*, playing a member of a 'really screwed up' family. Her own family, she insists, is quite the opposite.

'We are very close,' she says of her parents and three siblings (there is another sister, Anna, also an actress, and a younger brother, Joss). And yes, she's looking forward immensely to becoming an auntie, when Kate gives birth later this year. 'I love children. In fact I have another job, which I love just as much as acting, working in a kindergarten.'

When she and Kate were children, did it always seem likely that they would grow up to be actresses? After all, their father was an actor, and their mother's parents founded a repertory company in Reading. 'We did have a huge dressing-up box, and we played charades at Christmas, and I suppose we always felt that Kate would burst onto the scene at some point, because she was the most sure, and was at a drama school from the age of 11. It was no great surprise when she made such an impact in *Heavenly Creatures*, because she was so brilliant in it.'

So, is the name Winslet a help or a hindrance, professionally? 'I would be stupid to think that it doesn't open doors,' says Beth. 'People do sit up a bit when they hear the name. But after that, I feel as if I really have to prove myself, because more is expected. I sometimes think that I should have changed my name at the start of my career. But we look so alike that I probably wouldn't have got away with it.'

The Scold's Bridle, UK Gold, Tuesday 4th and Wednesday 5th, 9.40pm and 3.25am

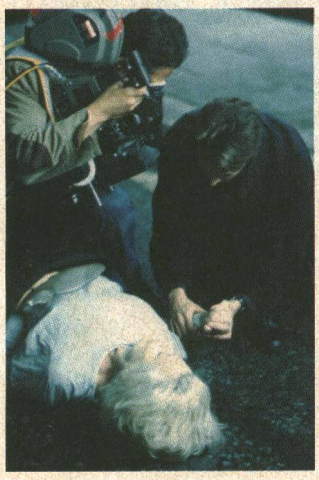
PHOTOS: BBC NEWS 24, GRANADA PLUS, STEFFAN HILL/GAMMA/FSP, PAUL MASSEY/FSP, UK HORIZONS

ROOM FOR A FRIGHT

Thomasina Gibson visits the set of Sky One's spine-tingling drama *Shadows*

AN EXPERT does up a decrepit hotel – if it sounds like rather a dull variation on *Changing Rooms*, then think again. Because *Shadows*, a joint venture from Sky Productions and Fox Television Studios, is a chilling new drama that bears no resemblance to any DIY makeover show.

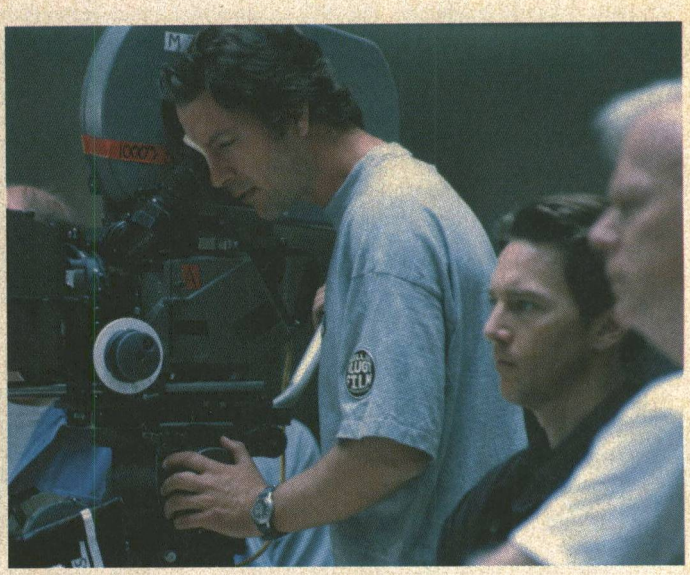
Filmed in and around London, *Shadows* portrays the experiences of Michael Lewis (played by American actor Andrew McCarthy), who has been employed to give a face-lift to a crumbling hotel. No ordinary architect, Lewis learns that he has a unique gift – the ability to see dead people. 'My character,' explains former bratpacker McCarthy, 'comes to London with the intention of rebuilding the Arcadia Hotel. However circumstances transpire which prevent him from doing that and send him on a quest to help some people who can't help themselves.'



Finger on the pulse: Andrew McCarthy checks Honor Blackman for vital signs

Supported by a strong cast, including Amanda Redman as the beleaguered Detective Pryce, Jessica Oyelowo and BAFTA-winner Honor Blackman, McCarthy is joined by fellow American Kevin Tighe as they work together to solve a series of crimes committed against children. Add a touch of madness, mayhem and some of the eeriest spectres to haunt the small screen and you have the recipe for *Shadows*, a 90-minute thriller due to air on Sky One this autumn. Even the spectacular location is guaranteed to give you the creeps.

'I'll meet you at the entrance to St Pancras Chambers,' I was instructed by the unit publicist, Zoe. 'The building is rather large and it's so easy to get lost.' She wasn't kidding. Vast, dark and with seemingly endless corridors flanked by dust-filled rooms, the former hotel, now almost derelict inside, is a magnificent testimony to Victorian Gothic architecture and couldn't be a more appropriate setting for the dastardly deeds that unfold in Paul Anderson's spine-chilling tale, which echoes the box-office smash *The Sixth Sense*.



Building suspense: Andrew McCarthy (centre) stars as architect Michael Lewis in the forthcoming feature-length drama Shadows

'More exciting than scary' is how David Bergg, general manager of Sky One, sums up the proceedings. '*Shadows* will be a major drama event in the UK this autumn. We are very excited to have assembled such a marvellous cast to complement a terrific script and a supremely talented production team.'

The multimillion-pound joint project is intended to be a stand-alone, feature-length production, but there are hopes that *Shadows* could go on to become a series.

McCarthy says: 'The premise that my character could become some sort of conduit between the living and the dead is fascinating. Paul has some ideas on that and I'd love to follow through with them.' We'll just have to wait and see what manifests itself …

Rapture TELEVISION The trip of a lifetime!

RAPTURE TV is sending eight 'e-trippers' on a holiday with a difference – they'll be sharing all their travel experiences with the rest of us via the worldwide web.

The wannabe TV travel presenters (pictured, left) are getting their lucky break courtesy of Rapture TV's innovative show *e-trippers*, which dispatches travellers across the globe armed with laptop, webcam and DV camera. Split into four pairs, these intrepid explorers will be filing regular reports on their progress via e-mail and MPEG footage. The adventurers were selected from the hopefuls who registered on the *e-trippers* website, and their task will be to provide 24-hour webcam and enough footage to make a one-hour show every week.

Rapture viewers will be setting them various challenges via the internet to fulfil en route. Failure to carry them out means the trip comes to an end, while the pair who receive the most e-mails can win prizes along the way – ranging from a phone call home to a night in a luxury hotel. You can catch up with the latest *e-trippers* news at:

www.e-trippers.com

PHOTOS: BSKYB, RAPTURE

Switch your phone to Cable & Wireless. You can't lose.

Save on your phone bill or get double the difference back.*

Keep your existing phone number.†

Keep services like '1471'.

Get 100 minutes of local calls or internet time free every month.*

Over one million people are saving money on their phone bills with us. Why not join them?

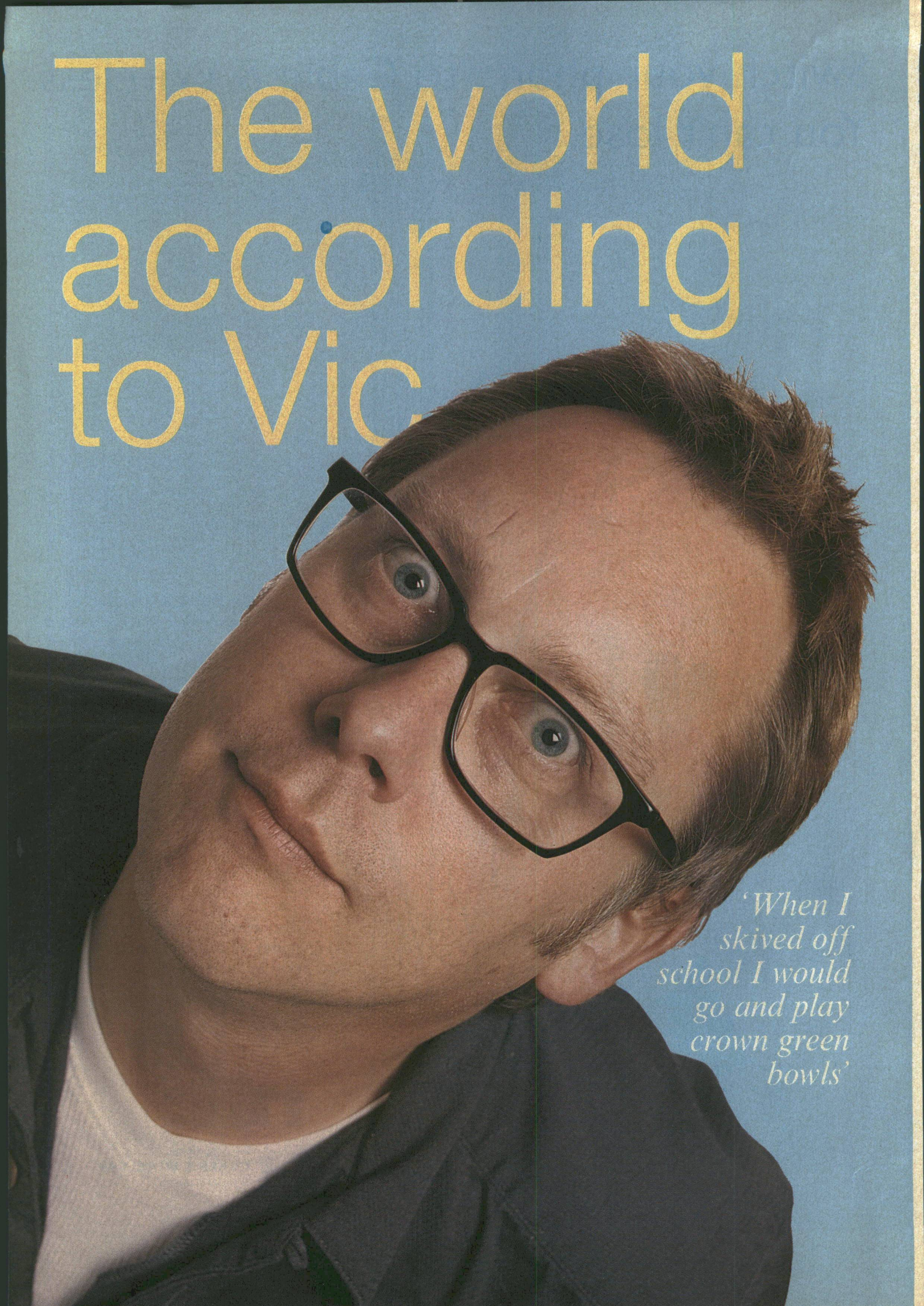
FreeCall 0800 0960 282

ntl:

Now incorporating
CABLE & WIRELESS
UK Consumer Division

*100 times our local evening minute rate will be credited to your bill. Minimum call charges apply. For full details of our range of telephone and internet call plans, Free Minutes, 50p call cap and Price Pledge terms and conditions, please see our price guide. †Number portability is subject to availability in your area and a one-off charge of £4.99. All information correct as at 1st June 2000 and applicable to residential customers only. Service only available at serviceable locations. For quality of service purposes we may occasionally monitor or record calls to our call centres. **ntl** Communications Services Limited acts as agent for associated companies including those holding telecommunications licences. Its registered office address is at **ntl** House, Bartley Wood Business Park, Hook, Hampshire RG27 9UP and it is registered in England with number 3403985.

The world according to Vic



'When I skived off school I would go and play crown green bowls'

VIC REEVES can't remember why, of all the stage names he could have chosen, he became Vic Reeves. He remembers that he was at home when inspiration struck, and thinks he might have been listening to a Vic Damone record. Or Jim Reeves, I suggest. 'Maybe,' he says.

His real name is Jim Moir, also the name of his father and grandfather before him. Incredibly, all three Jim Moirs have the same birthday. 'Precision grinding, someone once called it,' he chuckles.

Reeves chuckles a good deal in the course of our encounter, not least because he is highly tickled by his new series, *Vic Reeves Examines*, in which he interviews various people about improbable subjects. With Jools Holland, for instance, the subject is dynamite. With Sarah Cawood, it is small people driving cars. And lucky Jenny Powell gets to discuss dog dirt.

Reeves confesses to being fascinated by dog dirt, to the extent that he has spent the last six months photographing particularly interesting examples of the species. He even plans, he says, to bring out a book of these photographs, in which each pile will be captioned with the name of a canine cartoon character. 'To give an impression of what theirs might look like,' he explains. He tries but fails to keep even a straightish face. 'Like Scooby-Doo's.'

Sarah Cawood joins Vic Reeves to discuss 'Small People Driving Cars'

Vic Reeves has built a career out of his eccentricity – and his new series is no exception

Interview: Brian Viner
Photography: Simon Rowe

Anyone else would clearly be having me on, but with Reeves you can never be sure. An eccentric, he has had the skill and good fortune to turn his eccentricity into a lucrative career. The downside, in a way, is the fame that goes with it. He hates it when his private life is raked up by the press and there has, in fairness, been plenty to rake. His wife, whom he met in a pub when he spilt a pint of beer over her, left him for a builder. Then she left the builder and began a lesbian relationship with her personal trainer.

Meanwhile, Reeves got engaged to Emilia Fox, his co-star on the remade *Randall and Hopkirk (Deceased)*. Many people were surprised by this, but in fact he was playing true to type, for if ever there was an eccentric prospect, it was the daughter of the patrician Edward Fox marrying the son of a Linotype operator from Darlington. The pair didn't marry, but remain 'good friends'.

The good friend with whom he is most publicly linked, of course, is Bob Mortimer. According to an oft-printed show biz myth, they met when Reeves was performing his solo comedy act in a club in south-east London, and was heckled by Bob. 'Not true,' says Reeves. 'Bob would never heckle anyone, it's impossible to think of Bob heckling.' Still, it's true that Bob, a solicitor, was in the audience one night, met Reeves after the show and a double act was born.

Their subsequent TV projects – notably *Vic Reeves' Big Night Out*, *Shooting Stars* and *Families at War* – have earned them the label 'Morecambe and Wise on acid'. Reeves is delighted with this description, not that he cites the comic duo as an influence. 'I never watched much TV,' he says. 'I liked *Monty Python*, and *Top of the Pops*, and *Randall and Hopkirk (Deceased)*, of course, but that was about it.'

Instead, the young Vic, just like the old Vic, did his own thing. He has usually shown two fingers to peer pressure. 'When I skived off school I would go and play crown green bowls,' he says. 'That was my form of rebellion, playing an old man's game, not hanging around outside a burger bar.' Only once did peer pressure get the better of him, when, despite being good at art, he decided not to go to the local art college because it was deemed a sissy thing to do. Instead, he worked in a factory, but then headed for London and studied art at Sir John Cass College in Whitechapel. Painting, and paintings, remain a passion. He is also a voracious reader, his favourite book is *Heart of Darkness* by Joseph Conrad. 'I love his writing. And that is such a good story, a deep, horrible, horrific story,' he says. 'You can just imagine the heat and the sweat and the desperation.'

It is odd to hear Vic Reeves talking like literary critic Tom Paulin, but then that is the essence of this man – his unpredictability is the only predictable thing about him. Indeed, with his knowledge of paintings and literature, and enthusiasm for modernist furniture, he might even be described as a closet intellectual. Does he like the idea of being thought of as an intellectual? 'I don't care,' he says. 'They can think what they want.' Six words which might as well be his motto.

NEW SERIES

UK PLAY

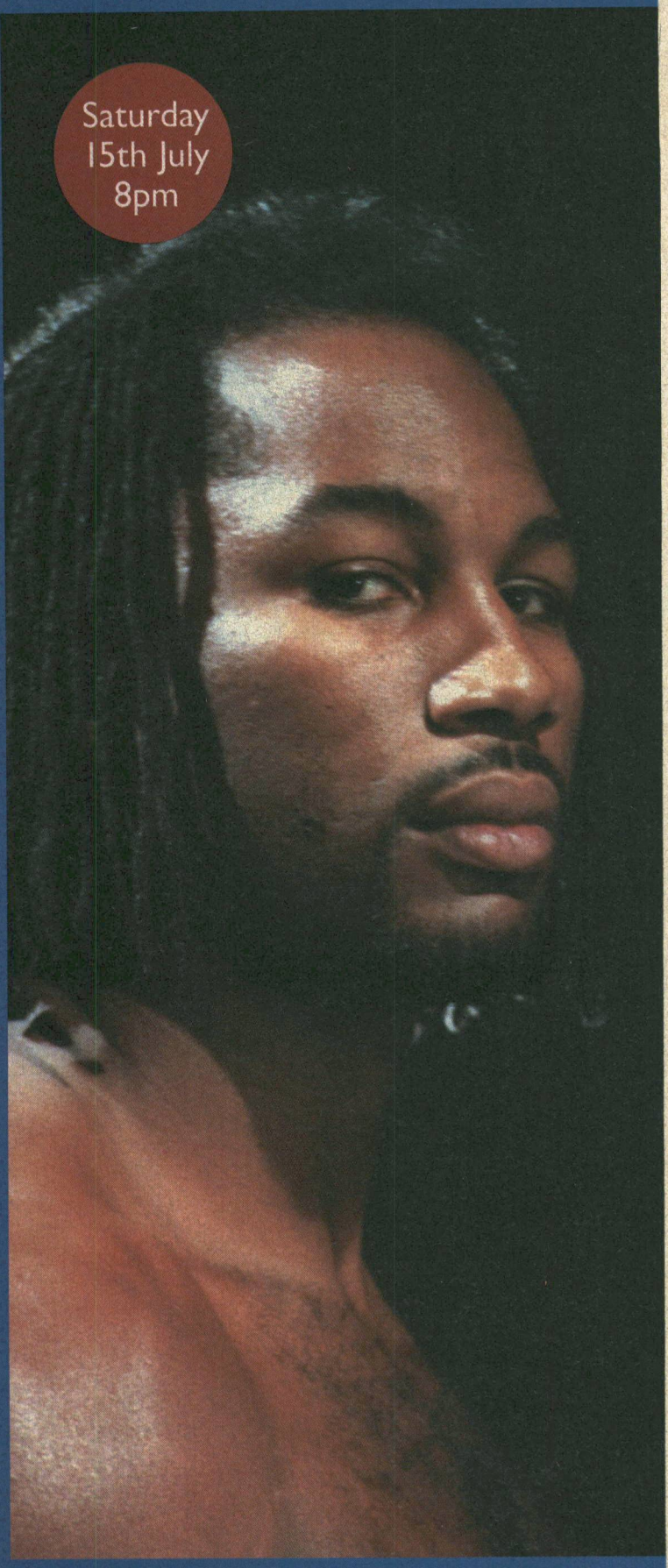
VIC REEVES EXAMINES
MONDAYS-THURSDAYS
2.05AM

★ ★ LIVE ON SKY BOX OFFICE WITH CABLE & WIRELESS ★ ★

©Sky Box Office

Lennox in your living room

The big fight live for just £11.95



★ Lennox vs. Botha – book early to avoid disappointment

Don't miss the first bell. Make sure you've got ringside seats by ordering the fight as early as a week before, from 8th July. Then all that's left for you to do is sit back and enjoy some knockout action.

★ Two easy ways to order

You can order this event during the week leading up to the fight by calling 0500 60 10 55, making sure you have your Cable & Wireless account details handy.

Or you can order two hours before the fight using your remote control. If you haven't ordered this way before and you'd like to, give us a call now on 0500 60 10 55. But remember, by booking early, you won't miss out.

HURRY! DON'T MISS OUT

Call 0500 60 10 55

SKY box office

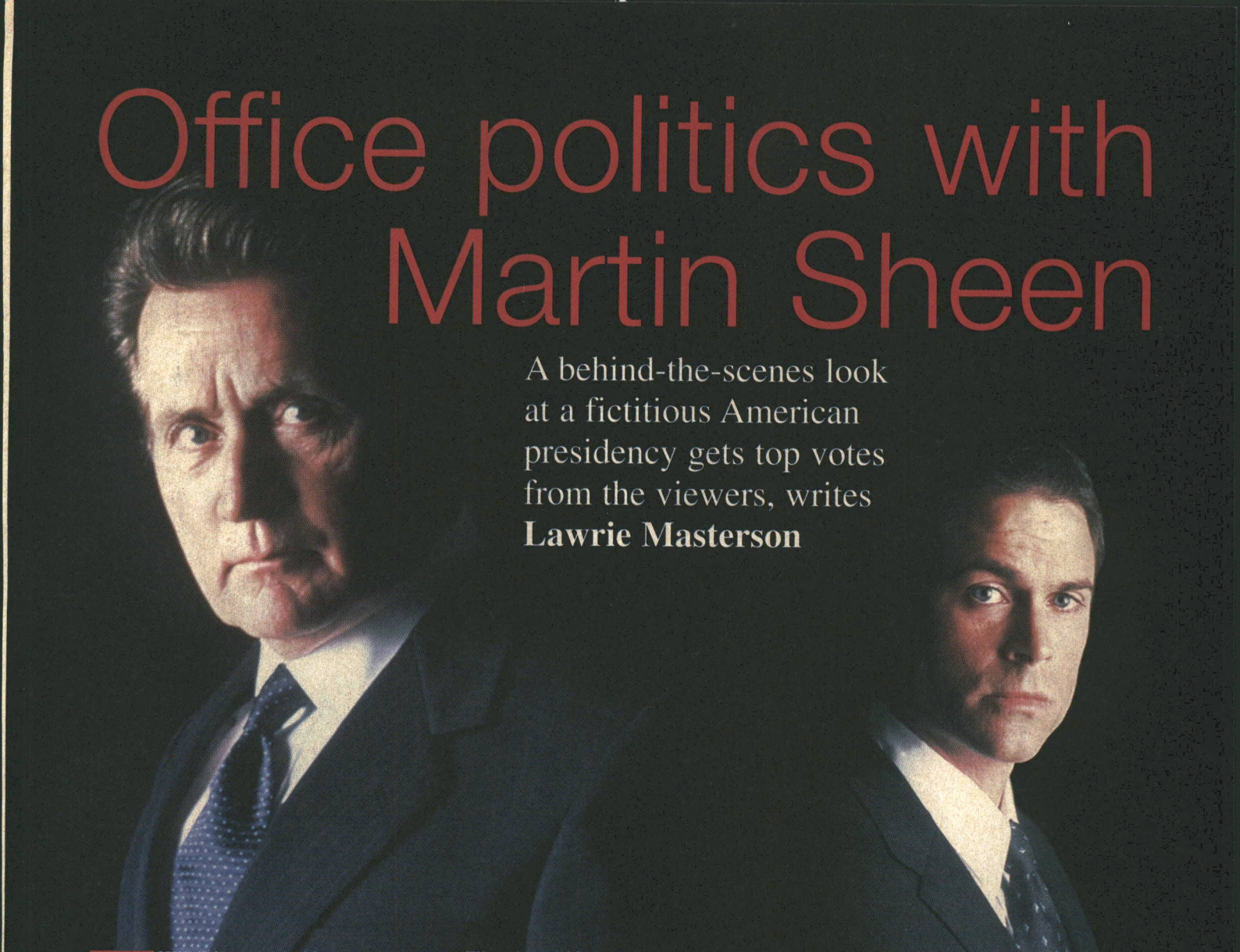
ntl:

Now incorporating CABLE & WIRELESS UK Consumer Division

Terms & Conditions: Prices are correct as at 01/06/00 and inclusive of VAT at 17.5%. The price of each event will be added to your monthly bill. For technical and operational reasons it is not possible to cancel any ordered event. You will be responsible for payment for all events ordered whether or not with your knowledge or consent. We therefore advise you to use the passcode facility to prevent unauthorised booking of these services. Purchase of the event is for broadcast on the set-top box for which it has been ordered. It is not possible to transfer purchases from one set-top box to another.

Office politics with Martin Sheen

A behind-the-scenes look at a fictitious American presidency gets top votes from the viewers, writes **Lawrie Masterson**



THERE is no such thing as an ordinary day at the White House. Running the vast US government, an American president and his staff might be called on to deal with an international terrorist situation one minute, then lobby for five votes for an important bill the next. Or maybe they're doing both at once. They are involved in high-stakes drama, pathos and even moments of humour. It is a combination perfect for a smart, sophisticated television series, which is exactly how *The West Wing* has panned out.

'I love this guy,' 59-year-old actor Martin Sheen says of President Josiah Bartlet, the incumbent of series creator Aaron Sorkin's Oval Office. 'I love the energy, the humanity and the areas where the show challenges me continuously. I flunked out of high school and Aaron has me playing a Nobel Prize-winning economist. I hardly speak English. He has me speaking Latin. Every aspect of this guy is fascinating to me.'

Rob Lowe, 36, a contemporary of Sheen's movie star sons Emilio Estevez and Charlie Sheen, is equally enthusiastic about his rare TV role as deputy communications director Sam Seaborn.

'He's read every book in the world, but if there's a bar fight, he's going to be the first one throwing the blows,' Lowe says.

Filmed on a $2m set that occupies two sound stages at the Warner Bros. lot in Burbank, California, *The West Wing* has quickly become a hit for the NBC network, which ordered 24 episodes only weeks into the show's initial run. It consistently rates in the Top 30 and NBC now distributes *West Wing* 'study kits' to schools.

Executive producer John Wells, an initial driving force behind the American ratings colossus *ER*, had to convince Warner Bros. to build a replica of the real White House west-wing interior before he even had a commitment from NBC for the pilot.

Creator Sorkin acknowledges *The West Wing* was born out of the enjoyment he had writing the hit comedy film *The American President*. It starred Michael Douglas in the title role and, ironically, Martin Sheen as his Chief of Staff. But while the film was a romantic comedy, *The West Wing* has more serious themes and the production uses two prominent former White House insiders – Bill Clinton's first press secretary, Dee Dee Myers, and Carter administration pollster and strategist Patrick Caddell – as consultants.

But Sorkin says he is wary of using the series to set specific political agendas.

'We're not trying to teach anybody a lesson,' he says. 'We want you to have a great time while you're watching, and part of that means using issues that have some dramatic juice to create a White House that feels like the White House.

'These are characters who are capable of not just arguing but believing in all sides of an issue. This show isn't going to live or die on whether you agree with it from week to week, just on whether you enjoy being with the people.'

Sheen adds: 'I don't think President Bartlet could ever be as liberal as I want him to be and still stay either on air or in the Oval Office.

'I would love to see him disarm every nuclear weapon in the United States and make all the forests national parks. But he's not my president. He belongs to Mr Sorkin and he's in really good hands.'

Such good hands, in fact, that all the right noises have emanated from the White House itself.

'The reaction from the White House has been terrific,' Sorkin says. 'It's wonderful to think that they even pay any attention to the show. The big complaint is that our offices are nicer than theirs.'

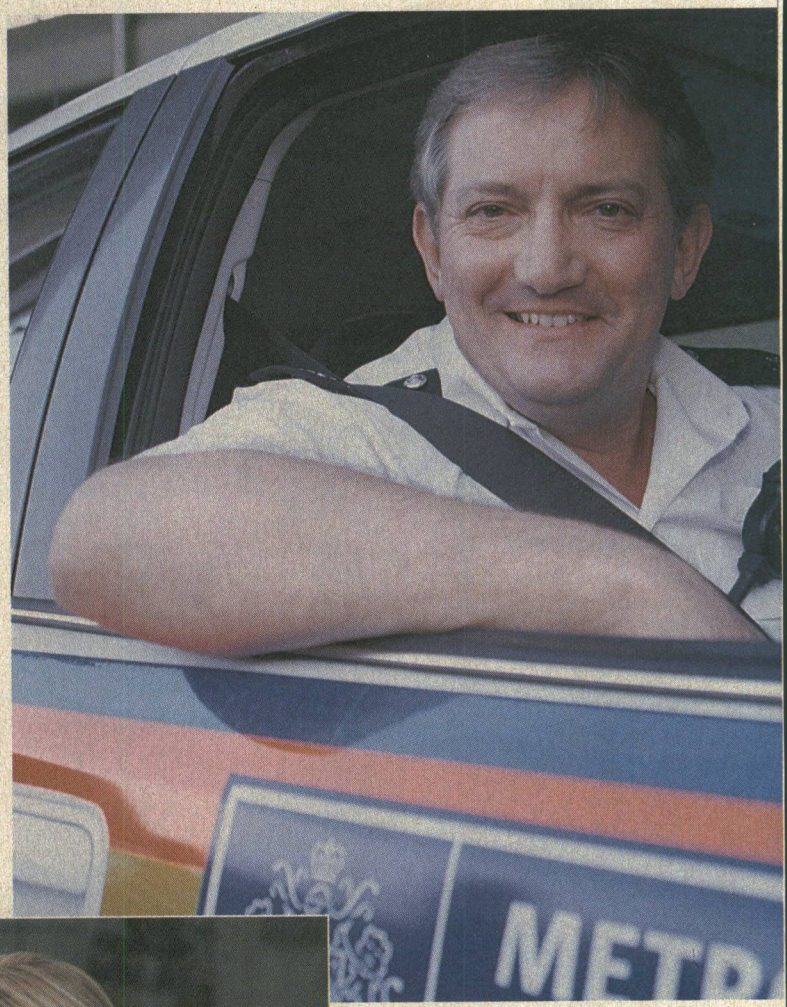
SKY ONE

THE WEST WING
MONDAY 3RD AND 10TH 9.00PM

PHOTOS: BSKYB

Stamp of authority

What goes on behind the scenes of the UK's most popular police drama? **Tina Ogle** accompanies Graham Cole – aka PC Tony Stamp – to Sun Hill for questioning … Photography: **Martin Salter**



PLAYING the same character for 12 years, week in, week out, might frustrate some actors but for Graham Cole, who continues to breathe simmering menace into *The Bill*'s PC Tony Stamp, his job is still a joy. He claims that the macho, womanising Stamp is a million miles from his own persona, and therein the continuing fascination lies.

'I've been with the same woman for 27 years, and have two kids. I like female company. Stamp's always chasing women and if six guys ran at him with a pickaxe handle he'd be happy, but show him six crying women and he'd fall to pieces. It's a challenge.'

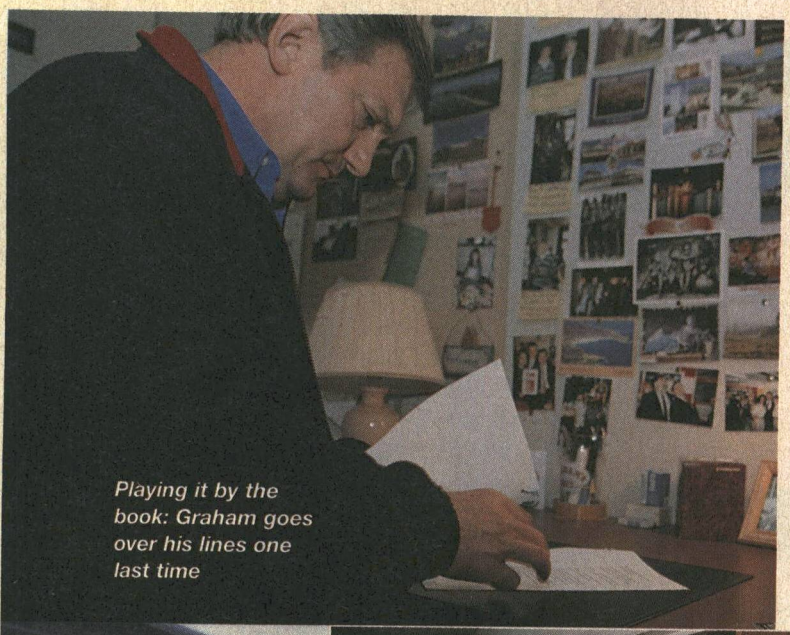
It can't be the glamour that makes Cole stick with *The Bill*. Filming takes place in and around a concrete building that squats in the middle of a sprawling industrial estate in south London. On the afternoon we join Cole, the talk is primarily of parking. He arrives slightly late, claiming: 'I've had to park in the Savacentre, a mile and a half away.'

Cole starts his shift, which today begins at 4.30pm, in his private room. This is a narrow cubicle, furnished with a desk, cheap sofa bed and a filing cabinet that serves as a wardrobe. Personal touches include photos, postcards and a tiny television. It is in here that he will wait to be called for filming, change into his uniform and go over his lines. Starting times can be unpredictable: 'You're told to get here at a certain time, and sometimes you have to wait around for a couple of hours. You get used to it.' He can always while away the time reading a magazine sent to him by the Tasmanian Car Club – *The Bill* is very big in Australia.

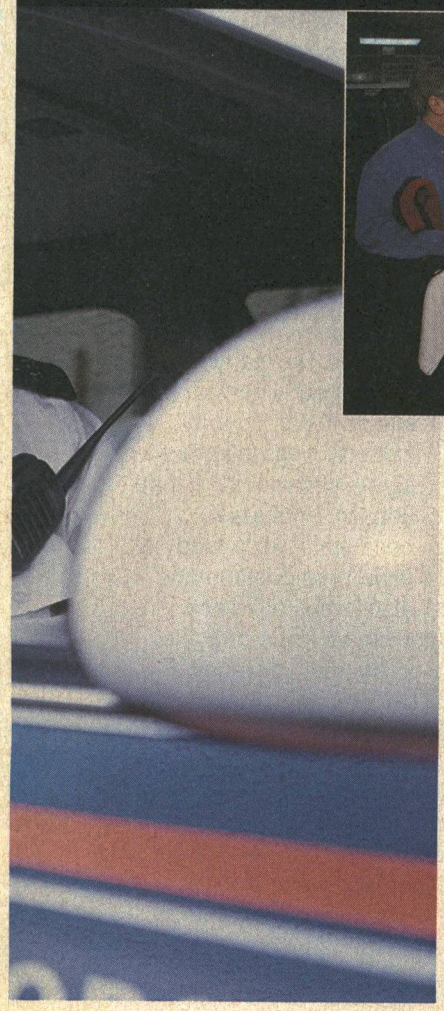
It's a cover-up: Graham Cole gets the once-over in make-up

Today's scenes are to be filmed on location, as is the

BEHIND THE SCENES



Playing it by the book: Graham goes over his lines one last time



Clean getaway: Graham drops by the costume department

case 90 per cent of the time. Before settling down to wait for his call, Cole must head into make-up. Stamp is a natural kind of guy, so this is not a lengthy process. A quick once-over with the powder puff does the job, and Cole is free to wander the building, catching up with his co-stars.

The atmosphere is one of calm. 'There are no stars here,' explains Cole, 'you can't afford to have an ego. If you want to indulge in that sort of thing, you won't last long. We're all here to service the show.'

That doesn't mean that the cast don't have their devoted followers. Cole does a daily check on his pigeon hole, which will generally hold 25 letters a week. 'I try to keep on top of mine,' he says, 'and everyone who writes to me will get a personal reply, once. It varies from kids writing to you about their mum's birthday to charity requests, and the odd troubled person.' He keeps a file in his room, and will catch up whenever there's a gap in filming. He also pops into the scheduling room, which is plastered with different coloured file cards, to try to find out how his workload will pan out in the coming weeks. Actors can work 12 days without a break, or end up having a similar amount of days off.

Back in his room, we're alerted to the need to move by a shout of: 'Everybody on the bus!' The necessary cast, extras and make-up people then file onto a minibus – almost an hour later we pull into a playing field in Sutton. This will be the setting for scenes in which two sets of bad guys attempt to swap drugs for guns. Stamp, wearing plainclothes, is to be part of the police observational team. But first, it's dinner.

'You can tell there's a photographer here,' observes another cast member dryly, 'Graham's got a smaller dinner.' Everyone looks at the modest amount of sweet-and-sour pork on Cole's plate and nods in agreement. He's admitting nothing, but does feel that eating is an integral part of Stamp's character. 'I nearly always, if I can, get him to be eating. There was a crash a while ago involving a catering truck and I said to the director: "There's no way Tony would stand here and not eat at least one cake!"'

Today's scenes aren't terribly taxing for Cole or Stamp, and the actor admits that one of the most frustrating aspects of being in a long-running series is waiting for a decent storyline. When *The Bill* switched to the hour-long format last year, Stamp was at the centre of the action, having run over a pedestrian. 'That was brilliant, but lately it's been a lot of "Yes, Guv" and "Can you move that, madam?"' He feels it may be time for Stamp to take the sergeant's stripe. 'The thing I hear most from the public is: "When's he gonna get promoted then?" I've always resisted that, but maybe it's time.'

Gun lore: Graham with firearms expert Rob Partridge

ITV2

THE VERY BEST OF THE BILL SATURDAY 22ND 8.00PM

You're going down! Graham cautions Simon Rouse (DCI Meadows) on his choice of main course

SHANNEN'S CHARM SCHOOL

One of the bewitching trio in the hit series *Charmed*, Shannen Doherty has cast off her wild-child image as she starts her second spell as a sorceress.

Words: **Eirik Knutzen**

PHOTOS: REX FEATURES, LIVING

WHEN *Beverly Hills, 90210*'s bitchy Brenda Walsh was shipped off to England back in 1994, actress Shannen Doherty found herself out of a job. Although it was no secret that she had a rocky relationship with Aaron Spelling, the show's executive producer, they announced the split as a mutual decision. It was no great surprise that Doherty dropped out of the spotlight. She travelled around Europe for a few years and occasionally appeared in a mediocre television or feature film like *Mall Rats*.

But everyone was astonished when Doherty resurfaced a couple of years ago in *Charmed*, which starts a second season on Living on Wednesday 12th. She was cast as Prue Halliwell, one of three sisters with supernatural powers who share a Victorian mansion in San Francisco, and Hollywood insiders were particularly surprised because her new boss was Aaron Spelling – the very man she admits she didn't always see eye-to-eye with.

'Leaving *90210* six years ago was the best thing I ever did,' recalls the 29-year-old. 'Aaron was very unhappy with me and I was miserable – my personal life was chaotic and I needed time out to focus on my life.'

Certainly her flamboyant private life had given the media plenty to focus on, including a punch-up in a nightclub, a seven-month marriage to Ashley Hamilton and anger-management therapy after a bottle-smashing incident.

Now Doherty has changed. A turning point in her life was a five-year relationship with TV and film director Rob Weiss, which ended last year. 'I grew up with him and it changed me a lot,' she explains. 'He is still a part of my life.'

Today, Doherty fervently believes that she is at the apex of her life personally and professionally. 'I'm more focused than ever and happy and content with where I am,' she says. 'It's really because something happened when I turned 27. Suddenly I grew up and became a different person. I [now] have more inner peace and my priorities are completely different.'

The diminutive actress admits to being utterly 'obsessed' with horses, and credits much of this newfound contentment to her hobby. 'I love riding them – it's like meditation to me,' says Doherty, who has bought a small ranch just outside Los Angeles. She regularly scours the US and Europe for additions to her stable and recently completed a four-day sweep of stud farms in Germany.

Charmed is now an international hit, and Doherty was delighted to sign a contract for a third season – not least because it helps fund her expensive pastime and also keeps alive her dream of owning a huge ranch in Colorado or Wyoming one day.

'I have a big interest in the show because I own a tiny piece of it,' she says, smiling. 'Another reason I like it is that it's light and funny – I wasn't going to take my character home every night to get depressed over. I like to laugh and we're always looking for ways to make the show funnier. That's what I did when I directed the season finale – my directorial debut.'

Everything seems to be falling into place for Doherty. With marriage apparently 'a very long way off', she is in no rush to have children. 'I would prefer that my children have a father around to provide strong bonds,' she says. 'In an ideal world, I'd raise horses on a big spread surrounded by my dogs and kin. I want to grow old behind a barbed wire fence, sitting in a rocking chair with a shotgun across my knees. I'm from the South – I think the Redneck in me is coming out!'

LIVING

CHARMED
WEEKDAYS
8.00PM

FRONT ROW

This month's première in your front room.

Premières on 17th July.

The Mummy, and six other movie premières this month, at a time that suits you. That's what you get with Front Row, our new movies on-demand provider. All movies on Front Row can be ordered in exactly the same way as before.

Simply turn to channel 50 and follow the instructions on TV Today using your remote control. If you haven't ordered movies on-demand in this way before, call our helpline to set up a passcode.

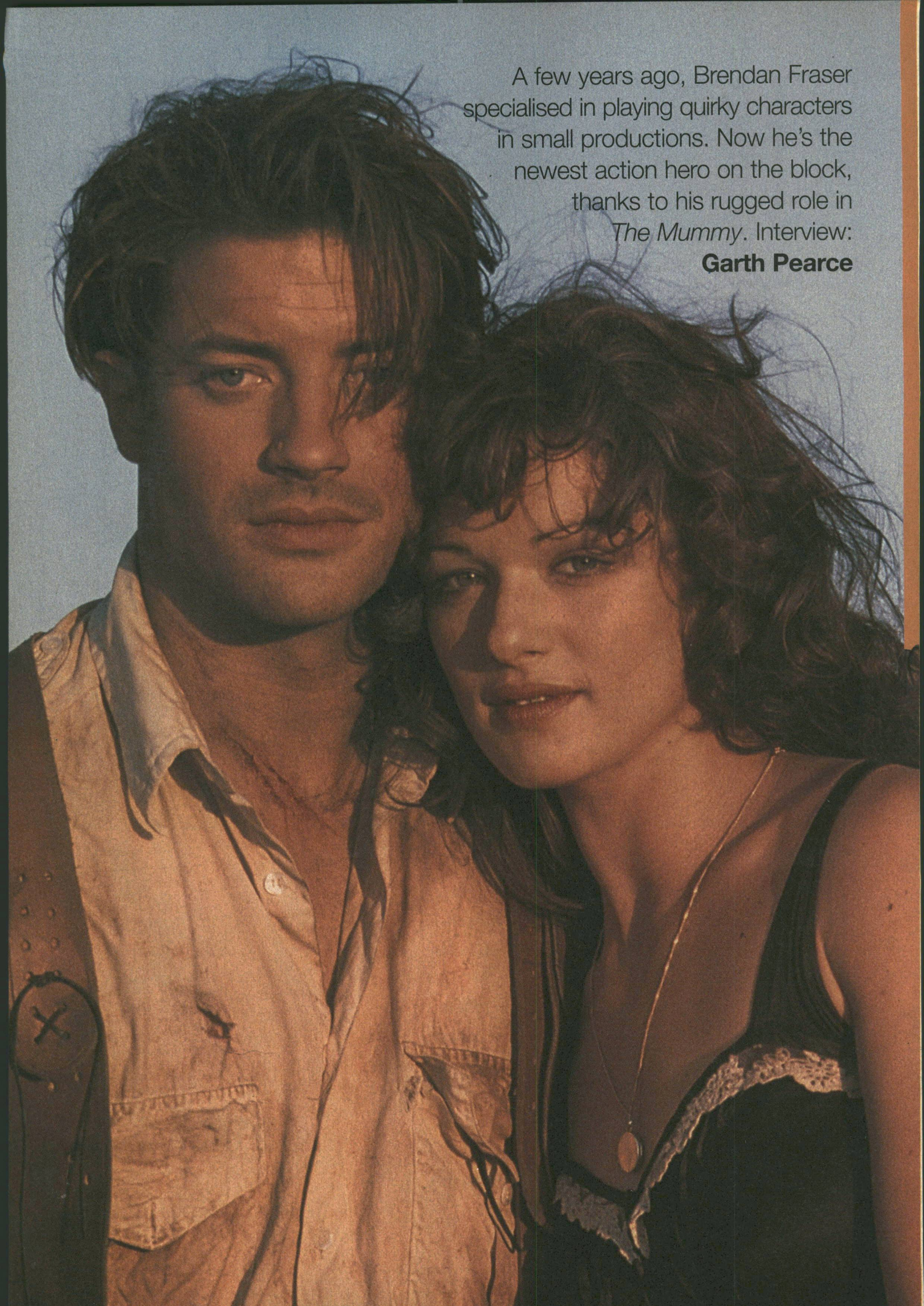
Then you'll have access to the latest movie premières on-demand, with listings changing twice a week. You will find details of this month's movies in this Cable Guide.

For more information about ordering, call TV on-demand customer services free on 0500 60 10 50.

ntl:

Now incorporating
CABLE & WIRELESS
UK Consumer Division

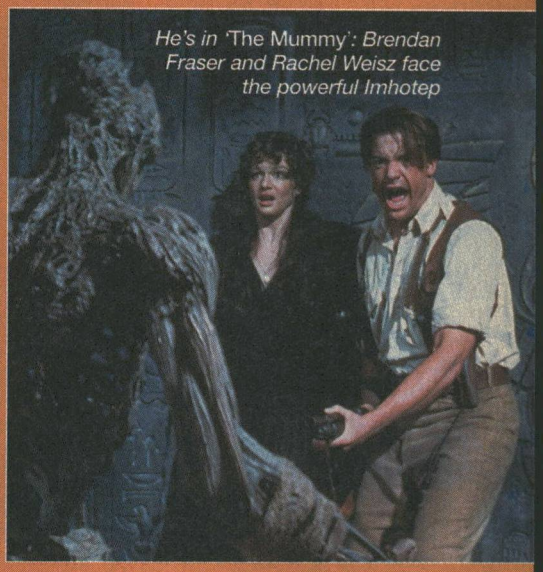
Prices correct as at 1st June 2000 and inclusive of VAT at 17.5%. The price of each movie/event will be added to your monthly bill. For technical and operational reasons it is not possible to cancel any ordered movie/event. You will be responsible for payment for all services ordered whether or not with your knowledge or consent. We therefore advise you use the passcode facility to prevent unauthorised booking of these services. Purchase of the movie/event is for broadcast on the set-top box for which it has been ordered. It is not possible to transfer purchase from one set-top box to another.



A few years ago, Brendan Fraser specialised in playing quirky characters in small productions. Now he's the newest action hero on the block, thanks to his rugged role in *The Mummy*. Interview: **Garth Pearce**

Mummy's boy

BRENDAN FRASER is a big man who speaks softly. His 6ft 3in frame dominates the sofa and, with his striking green eyes and the sort of jaw that would break a chisel, he looks exactly what he's tipped to be: America's hottest action star. But, when we meet in his suite at the Dorchester Hotel, I have to strain to hear the muscular actor speak: 'I am not at ease with predictions about my future,' he whispers. 'I take it one step at a time. Hollywood history is littered with "nearly" men and women who didn't quite live up to what was expected.' Fraser, 31, who has made his name in an incredibly varied range of films, including the family comedy *George of the Jungle* and the critically acclaimed drama *Gods and Monsters*, was the star who helped make *The Mummy* such a huge hit last year. And



He's in 'The Mummy': *Brendan Fraser and Rachel Weisz face the powerful Imhotep*

> 'I kept on thinking: don't fall off the camel. Make sure your gun doesn't jam when it hits the sand. Stand up straight at all times'

Universal Studios are confident he can work the same sort of magic on *The Mummy 2*.

But Fraser's success has not happened overnight. He received excellent reviews for an early role in 1992's *School Ties*, alongside fellow unknowns and now emerging stars Chris O'Donnell, Matt Damon and Ben Affleck. But Fraser seemed more at home in some of the quirkier films of the decade: there was the sweet-natured caveman-at-high-school romp *Encino Man* (aka *California Man*), the little-seen curio *Younger and Younger*, the under-rated rock 'n' roll comedy *Airheads*, and the atmospheric *The Passion of Darkly Noon*.

Indeed, *The Mummy* was one of Fraser's rare forays into the mainstream, and this change of gear proved hugely successful, seeing him cast as the rugged hero who battles forces from beyond the grave. He plays American Rick O'Connell, who in 1923 joins the French Foreign Legion in search of excitement. He finds it battling Arab hordes in Egypt and stumbles upon Hamunaptra, the fabled City of the Dead.

Three years later, he narrowly escapes execution in Cairo, his release arranged by English librarian and would-be Egyptologist Evelyn (Rachel Weisz) and her boozy brother, Jonathan (John Hannah). The trio leave Cairo and cross the Sahara to find Hamunaptra and its hidden treasures. But with villainous fortune seekers also looking for the city, you know there's going to be trouble – and that comes when the malevolent force of Imhotep, the Mummy, who was entombed alive 3000 years before, is accidentally unleashed.

'The whole thing turned out even better than expected,' admits Fraser. 'All that mugging acting paid off. At one point, Rachel, John and I felt the acting cops would come in and remove our union cards. We had to fight empty spaces, because the special effects were added later.

'Rachel, in particular, was brilliant to work with,' he continues. 'When I saw the film I realised we had what is called "chemistry". All that means is you have a good relationship with someone and let it show on screen.'

There was a budget of around $80m and the reputation of Universal at stake, as the studio attempted to beat to the screen Twentieth Century Fox's much-anticipated summer blockbuster *Star Wars: Episode 1 – The Phantom Menace*. In a bid to appeal to as wide an audience as possible, *The Mummy* was marketed as an Indiana Jones-style mix of adventure, action and romance.

'I knew how much was riding on it,' says Fraser. 'I kept on thinking: don't fall off the camel. Make sure your gun doesn't jam when it hits the sand. Stand up straight at all times. But if you thought about such things during every day of a shoot which lasted several months, then you'd go nuts.'

But there was one frightening incident during the shooting schedule. It came on only the second day of filming during the scene in which intrepid Rick is to be hanged. Evelyn and her brother show up to try to find information on the ancient city. While they negotiate for his life, the noose is tightened.

'Stephen Sommers, the director, asked if we could take the tension of the rope up a bit,' he recalls. 'I saw the camera come around and I was on the balls of my feet, so I thought I would take in a lot of oxygen to keep going. But I hyperventilated instead. The next thing, guys in shirts with "medic" written on them were punching me on the chest, shouting "Brendan". My arm was flung up above my head and I was on the gravel, really hurting. There's Steve in the background saying "Great take" and a stunt man running up saying, "Don't worry about it. The same thing happened to Mel Gibson on *Braveheart*."'

The film captured the imagination of audiences, and there were inevitable parallels drawn between Fraser and Harrison Ford. But Fraser is not capable of Hollywood arrogance over such comparisons. And he admits that wife Afton holds the key to his life: 'I find my love for her grows every day.'

Although he has starred in some remarkable scenes amid stunning special effects, nothing can compare with his own marriage proposal. He took Afton to Paris, pinned a note on the inside of his coat which said 'Marry me' and managed to get a photograph of the note with a Polaroid camera while they were walking together. He then presented the snap: 'I got down on one knee and she burst into tears.'

Fraser says, 'But if you wanted to see real tears, you should have seen our marriage. I lost it when I saw her in that wedding dress.'

So that is Brendan Fraser: a big, handsome man who is not frightened of true romance. Just the sort of action hero the cinema needs in the new Millennium.

FRONT ROW

THE MUMMY
FROM MONDAY 17TH

FRONT ROW
Front Row is exclusive to cable viewers. For full screening times, tune into channel 50. Front Row is not available in all areas.

PHOTOS: UIP

Front Row seats for even more great movies

We have extended our movies-on-demand service on Channel 53. You now have access to even more great movies from Front Row, starting as early as 6.30pm. Front Row delivers all the top Hollywood hits right into your home, with the same high level of service and easy ordering you've come to expect.

Only £2.95 per movie

Front Row brings you even more exciting movies for just £2.95 each. You'll find all the big premieres listed here every month – and you can view start times as well as exciting previews and interviews with the stars on Channel 50. So take a look at what's on offer – then sit back and enjoy the best seats in the house. Movies on-demand is not yet available in Millharbour.

How to order

It's easy to order any of this month's great movies with your remote control. Simply select Channel 50 and follow the instructions on your TV. If you have any questions, you can phone the free Front Row help line on **0500 60 10 50**. The hardest thing is selecting which great movie to watch.

Remote control ordering is not yet available in all areas. It will become available when digital is launched in your area.

FRONT ROW

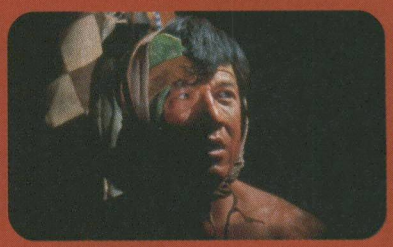
This month's movies on-demand

The Mummy – Premiere
This horror hit stars Brendan Fraser as an adventurer who teams up with a dizzy librarian (Rachel Weisz) and her roguish brother (John Hannah) to find a fabled lost Egyptian city. But little do they know what lies in store for them ...

12 — Theme/contents: Historical action adventure
Language: Occasional, mild
Sex/nudity: None
Violence: Frequent, moderate horror

Universal Soldier III: Unfinished Business – Premiere
In this second sequel in the explosive sci-fi action franchise, Luc (Matt Battaglia) and Veronica (Chandra West) are on the run from universal soldier assassins.

18 — Theme/contents: Sci-fi action
Language: Infrequent, strong
Sex/nudity: None
Violence: Frequent, strong



Jackie Chan's Who Am I? – Premiere
When a secret mission goes wrong, Jackie Chan finds himself alone in a remote region of South Africa, suffering from amnesia. He's taken in by a tribe, but as he starts to regain his memory, he looks for clues to help him remember who he is.

12 — Theme/contents: Action, comedy, conspiracy
Language: Infrequent, mild
Sex/nudity: None
Violence: Occasional, mild

I'll Be Home for Christmas – Premiere
Jake has been promised a Porsche by his father, but only if he makes it home for Christmas. Just days before, he wakes up to find himself in the desert dressed as Santa! He's upset the school football team and they've had their revenge.

PG — Theme/contents: Christmas comedy, families
Language: Occasional, mild
Sex/nudity: Infrequent, mild references
Violence: None

In Dreams – Premiere
In this psychic thriller, Annette Bening plays an artist whose work has brought her to the attention of a madman. She is increasingly haunted by terrifying dreams of impending victims and their screams of terror.

18 — Theme/contents: Psychic thriller
Language: Frequent, strong
Sex/nudity: Infrequent, mild
Violence: Frequent, strong, horror

Twin Dragons – Premiere
There's twice the action, twice the adventure, and double the trouble when Jackie Chan plays both heroes of this action film. He's Boomer, a martial arts expert, and Boomer's long-lost brother, John, a classical musician.

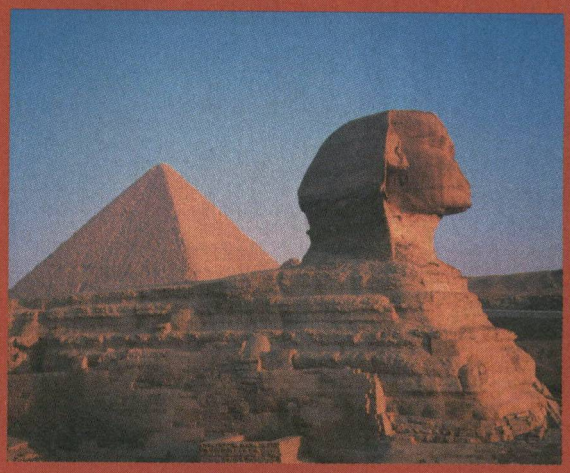
12 — Theme/contents: Action comedy
Language: Infrequent, mild
Sex/nudity: Infrequent, mild references
Violence: Occasional, moderate, comic

Terms & Conditions: Prices are correct as at 01/06/00 and inclusive of VAT at 17.5%. The price of each movie/event will be added to your monthly bill. For technical and operational reasons it is not possible to cancel any ordered movie/event. You will be responsible for payment for all movies/events ordered whether or not with your knowledge or consent. We therefore advise you to use the passcode facility to prevent unauthorised booking of these services. Purchase of the movie/event is for broadcast on the set-top box for which it has been ordered. It is not possible to transfer purchases from one set-top box to another.

Win a breathtaking holiday in Egypt

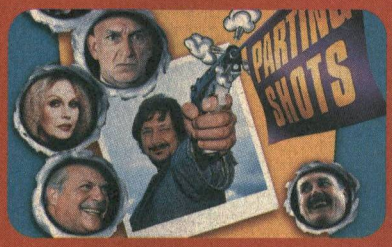
Fancy floating over the pyramids or lounging alongside the Nile? All this and more could be yours when you enter our fantastic competition. To celebrate the UK TV premiere of *The Mummy* this month, Front Row is giving away a holiday for two in Egypt, including flights and accommodation. The lucky winners will enjoy a two-centre, seven-day holiday, staying in luxury accommodation in Cairo and Luxor. They will be taken on a tour of the pyramids and the Sphinx, and the highlight of the trip will be an early morning hot air balloon flight.

To enter, simply send us your name and address on a postcard and send it to *Cable Guide*/Front Row Competition, PO Box 2176, London W1A 5TW. All entries must be received by 31 July 2000, the winner will be notified by post by 11 August 2000. The holiday must be taken by March 2001.



Terms and Conditions

1. Entrants do not need to subscribe to any cable services to enter the draw.
2. Employees of Front Row, *Cable Guide* and participating cable companies are not eligble to enter.
3. There is one prize for two people to Egypt for a period of one week. Travel dates are subject to availability and the holiday must be taken by March 2001, excluding Christmas, New Year and Easter. The holiday will include flights, accommodation and breakfast, one balloon flight and a half-day tour to the pyramids and Sphinx plus travel insurance for two people. No cash alternative is available.
4. The winner will be advised in writing by 11 August 2000. Standard Terms and Conditions apply. See full *Cable Guide* Competition Rules on page 216.

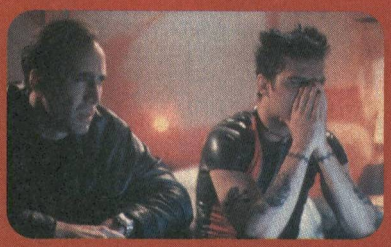


Parting Shots – Premiere

Singer Chris Rea stars as Harry, a once-fashionable photographer who's now reduced to doing weddings and parties. Then he's told he has six weeks to live and decides to get his revenge on the people who have wronged him.

12

Theme/contents: Black comedy
Language: Infrequent, mild
Sex/nudity: Infrequent, mild
Violence: Some, moderate



8MM

Nicolas Cage stars as a private investigator in this grim, gritty, gripping thriller about a sordid film found in a dead man's effects. The man's widow hires Cage to find out if it is the snuff movie it appears to be.

18

Theme/contents: Thriller, snuff movies
Language: Frequent, strong
Sex/nudity: Infrequent, strong, fetish
Violence: Frequent, strong

The Big Hit

Mark Wahlberg and Lou Diamond Phillips star as leaders of a group of hitmen who take on what seems like an easy, lucrative kidnap job. But trouble erupts when they find out their victim is their boss's godchild!

18

Theme/contents: Action, kidnapping
Language: Frequent, coarse
Sex/nudity: Infrequent, mild
Violence: Frequent, strong

The Matrix

A mind-blowing sci-fi epic with Oscar-winning special effects and exciting fight scenes. Neo (Keanu Reeves) finds out he has been living in a computer-generated dream world called the Matrix – and he may be mankind's saviour.

15

Theme/contents: Sci-fi adventure, virtual reality
Language: Occasional, mild
Sex/nudity: None
Violence: Frequent, strong, fantasy

The Prince of Egypt

One of the most spectacular animated epics of recent years. It's the story of two brothers, princes of the richest empire on Earth. One is destined to rule Egypt, the other to become one of the greatest heroes of all time.

U

Theme/contents: Animation, biblical tale
Language: None
Sex/nudity: None
Violence: Some mild biblical horror

ntl:
Now incorporating
CABLE & WIRELESS
UK Consumer Division

FILMS ON CABLE

ANIMATION

ANTZ Voices of Woody Allen, Sharon Stone **16, 22 Sky Premier** TEXT DS ★★★★

BASIL THE GREAT MOUSE DETECTIVE 9 Disney TEXT ★★★

THE BRAVE LITTLE TOASTER GOES TO MARS 15 Disney TEXT ★★

THE BRAVE LITTLE TOASTER TO THE RESCUE 8 Disney TEXT ★★

CATS DON'T DANCE Voice of Scott Bakula **29 Sky Premier** TEXT ★★

LTHE LAND BEFORE TIME VI: THE SECRET OF SAURUS ROCK 27 Sky Premier ★★

THE LION KING II: SIMBA'S PRIDE 8, 23, 29 Disney TEXT ★★★

MTHE MAGIC SWORD: QUEST FOR CAMELOT Voices of Jessalyn Gilsig **9 Sky Premier** TEXT ★★★

PETER PAN 7, 26 Disney TEXT ★★★★

THE PRINCE OF EGYPT 3-9 Front Row ★★★★

RTHE RESCUERS 3, 30 Disney TEXT ★★★★

THE RESCUERS DOWN UNDER 16, 28 Disney TEXT ★★★

SSECRET OF NIMH 2 17 Disney TEXT ★★

COMEDY

AABBOTT AND COSTELLO MEET DR JEKYLL & MR HYDE 8 Sky Cinema ★★★

ABBOTT AND COSTELLO MEET THE INVISIBLE MAN 8 Sky Cinema ★★★

THE ABSENT MINDED PROFESSOR Fred MacMurray **3, 27 Sky Cinema** ★★★

ALMOST HEROES 5, 17 Sky MovieMax PREMIERE TEXT DS ★★★

BBACHELOR PARTY 2 Sky MovieMax ★★

BEETHOVEN Charles Grodin **31 Sky Premier** ★★

THE BIG LEBOWSKI Jeff Bridges **6 Sky Premier** TEXT DS ★★★

THE BIG TWIST 28 Carlton Cinema ★★★

BILLY LIAR Tom Courtenay **6 Sky Cinema** ★★★★★

BLOCK-HEADS Stan Laurel **2 Sky Cinema** ★★★★

BLUES BROTHERS 2000 1 Sky MovieMax TEXT DS ★★

BOB AND CAROL AND TED AND ALICE 6, 22 Carlton Cinema ★★★

BOOGIE NIGHTS Mark Wahlberg, Burt Reynolds **11 Sky Premier** TEXT ★★★★★

BOYS NIGHT OUT 7 TCM ★★

BOYS WILL BE BOYS 6, 28 Sky MovieMax ★★★

BUCK PRIVATES COME HOME Bud Abbott, Lou Costello **29 Sky Cinema** ★★★

THE BUSY BODY Sid Caesar **5 Sky Cinema** ★★★

CTHE CASTLE 6, 21 Sky Premier TEXT DS ★★★

CHOOSE ME 12 Carlton Cinema ★★★

A CHUMP AT OXFORD 1 Sky Cinema ★★★

CLOCKWISE John Cleese **15 Carlton Cinema** ★★★

COLD COMFORT FARM 21 Sky Premier ★★★★

COMMANDMENTS 3 Sky Premier ★★★

DDAY FOR NIGHT 22 Carlton Cinema ★★★

THE DAYTRIPPERS 2 Sky Premier TEXT DS★★★

DEAL OF A LIFETIME 9, 21 Sky Premier TEXT DS ★★★

DECONSTRUCTING HARRY Woody Allen, Billy Crystal **20 Sky Premier** TEXT ★★★★

DIRTY WORK Norm Macdonald **6 Sky MovieMax** ★★★

DIVORCE AMERICAN STYLE Dick Van Dyke **17, 27 Sky Cinema** ★★★

DOGFIGHT 7 TCM ★★

DREAM FOR AN INSOMNIAC Ione Skye **19 Sky Premier** TEXT ★★★

THE DUKE James Doohan **23 Sky MovieMax** DS ★★★

EECHO PARK 19 Carlton Cinema ★★★

THE EXPERTS John Travolta **12 Sky Premier** DS ★★★

FFAR NORTH 20 Carlton Cinema ★★★

FATHER OF THE BRIDE 30 Disney TEXT ★★

FIRST COMES LOVE 1, 11, 21 Sky Premier ★★★

FLUBBER Robin Williams **27 Sky Premier** TEXT ★★

FOR RICHER OR POORER 19 Sky MovieMax DS ★★★

FOR LOVE OF IVY 29 Carlton Cinema ★★★

FOUR ROOMS Tim Roth **17 FilmFour** ★★★

FRANCIS GOES TO WEST POINT Donald O'Connor **22 Sky Cinema** ★★★

FRANCIS IN THE HAUNTED HOUSE Mickey Rooney **15 Sky Cinema** ★★★

FRANCIS IN THE NAVY 15 Sky Cinema ★★★

THE FRESHMAN Marlon Brando, Matthew Broderick **18 FilmFour** ★★★★

GGEORDIE Bill Travers **13 Sky Cinema** ★★★

GHOST AND MR CHICKEN 22 Sky Cinema ★★★

GHOSTBUSTERS Bill Murray **15 FilmFour** ★★★★

GHOSTBUSTERS II Bill Murray **16 Sky MovieMax** DS ★★★

THE GREAT LOVER 20 Sky Cinema ★★★★

GREMLINS 2: THE NEW BATCH Zach Galligan **28 Sky MovieMax** ★★★

HHALF BAKED 1 Sky MovieMax ★★★

HARD PROMISES 3 Sky Cinema DS ★★★

THE HARD WAY James Woods **16 Sky MovieMax** ★★★

HARRY IN YOUR POCKET 20 Carlton Cinema ★★★

HEAD The Monkees **23 FilmFour** ★★★

HELLZAPOPPIN Ole Olsen **8 Sky Cinema** ★★★

HOME FRIES 4, 17 Sky MovieMax PREMIERE TEXT DS ★★★

HOPE FLOATS 17 Sky Premier TEXT DS ★★★

HOTEL DE LOVE 30 Sky MovieMax TEXT ★★★

HOW TO BE A PLAYER 14 Sky MovieMax TEXT ★★★

IOUGHT TO BE IN PICTURES Walter Matthau **27 Sky Cinema** ★★★

I'LL BE HOME FOR CHRISTMAS Jonathan Taylor Thomas, Jessica Biel **10-16 Front Row** ★★★

I'M GONNA GIT YOU SUCKA 3 FilmFour ★★★

I'M NOT RAPPAPORT 2 Sky Premier ★★★

INDISCREET Cary Grant **27 Sky Cinema** ★★★★

ISHTAR Dustin Hoffman **16 Carlton Cinema** ★★★

JJACKIE'S BACK! Jenifer Lewis, Tim Curry **28 Sky MovieMax** DS ★★★

THE JOURNEY Roshan Seth **9, 18 Sky Premier** ★★★

JUST LIKE DAD 13 Sky Premier ★★

KKALEIDOSCOPE 31 Sky Cinema ★★★

KEEP THE ASPIDISTRA FLYING LAST PLAY Richard E Grant **12 Sky Premier** TEXT LAST PLAY ★★★★

KILLING TIME Kendra Torgan **13 Sky MovieMax** TEXT ★★★

LA LADY TAKES A CHANCE 4 Carlton Cinema ★★★

A LIFE LESS ORDINARY 26 FilmFour ★★★

LIVE FLESH 7, 26 Sky Premier WIDESCREEN ★★★

LOOK WHO'S TALKING TOO 11 Sky Premier DS ★★

LOVING 6 Sky Cinema ★★

THE LOW LIFE 13 Carlton Cinema ★★★

MMAFIA! Jay Mohr **5 Sky MovieMax** TEXT ★★★

A MAN, A WOMAN AND A BANK Donald Sutherland **17 Sky Cinema** ★★★

MASTERS OF MENACE 10, 18 Sky MovieMax ★★

MEET THE DEEDLES 9 Sky MovieMax TEXT ★★★

MERMAIDS 2 Carlton Cinema ★★★

MISCHIEF 29 Sky Cinema ★★★

MONKEY BUSINESS Cary Grant **19 Sky Cinema** ★★★★

MOON OVER PARADOR 22 Carlton Cinema ★★★

MR MAGOO Leslie Nielsen **23, 29 Sky Premier** TEXT ★★

MR MUM Michael Keaton **5, 14, 24 Sky Premier** ★★★

MURIEL'S WEDDING 20 FilmFour ★★★★

MY COUSIN VINNY Joe Pesci **7 Sky MovieMax** DS ★★★

NNATIONAL LAMPOON'S GOLF PUNKS Tom Arnold **7, 29 Sky MovieMax** DS ★★

NATIONAL LAMPOON'S MEN IN WHITE Tom Wilson **16 Sky MovieMax** ★★★

NECESSARY ROUGHNESS 29 Sky MovieMax ★★★

NOTHING TOO GOOD FOR A COWBOY Sarah Chalke **6, 25 Sky MovieMax** ★★

NOTTING HILL Julia Roberts **31 Front Row** ★★★★

OTHE OBJECT OF MY AFFECTION 18, 31 Sky Premier TEXT ★★★

THE ODD COUPLE 2 19 Sky MovieMax TEXT DS ★★★

OH, HEAVENLY DOG! 22 Sky MovieMax DS ★★

OPERATION MAD BALL 18 Sky Cinema ★★★

OPERATION PETTICOAT 11 Sky Cinema ★★★

OUR RELATIONS Stan Laurel **15 Sky Cinema** ★★★

THE OWL AND THE PUSSYCAT 3, 21 Carlton Cinema ★★★★

PPACK UP YOUR TROUBLES Stan Laurel **16 Sky Cinema** ★★★

PAPER LION 20 Carlton Cinema ★★★

PARDON US Stan Laurel **15, 23 Sky Cinema** ★★★★

PARTING SHOTS 24-30 Front Row ★★

PARTY PARTY Caroline Quentin **4 FilmFour** ★★★

PECKER Edward Furlong **25 Sky Premier** PREMIERE TEXT DS ★★★

THE PENTAGON WARS Kelsey Grammer, Cary Elwes **14 Sky MovieMax** DS ★★★

THE PEST 5, 17 Sky MovieMax TEXT ★★★

THE PHILADELPHIA STORY 16 TCM ★★★★

PINK CADILLAC Clint Eastwood, Bernadette Peters **14 Sky Cinema** DS ★★★

THE PLAYERS CLUB 16 Sky MovieMax PREMIERE TEXT DS ★★★★★

POLISH WEDDING Claire Danes, Gabriel Byrne **25 Sky Premier** PREMIERE TEXT DS ★★★★★

POPEYE 21 Disney LAST PLAY TEXT ★★★

PRACTICAL MAGIC Sandra Bullock, Nicole Kidman **8, 18, 30 Sky Premier** PREMIERE TEXT DS ★★★

PRET A PORTER Kim Basinger **14 FilmFour** ★★★

THE PRIVATE LIFE OF SHERLOCK HOLMES 22 FilmFour ★★★★

RRAISING ARIZONA 3 FilmFour TEXT ★★★

THE REAL BLONDE 16 Sky Premier TEXT ★★★★

RICHARD PRYOR LIVE ON SUNSET STRIP 5 FilmFour TEXT ★★★

RIDE Malik Yoba **27 Sky MovieMax** TEXT ★★★★★

ROBIN AND THE SEVEN HOODS Frank Sinatra **12 Sky Cinema** ★★★

ROMANTIC COMEDY 8 Carlton Cinema ★★★

ROMANTIC UNDERTAKING William Katt, Paul Berry **5, 18 Sky MovieMax** DS ★★★

SSAFE MEN Sam Rockwell **6 Sky MovieMax** DS ★★★

SAPS AT SEA Stan Laurel **9 Sky Cinema** ★★★★

THE SECRET OF MY SUCCESS 6, 25 Carlton Cinema ★★★

SENSELESS Marlon Wayans **24 Sky MovieMax** TEXT ★★★

SHARING RICHARD 6, 16 Sky MovieMax ★★★

SHE DONE HIM WRONG 28 Sky Cinema ★★★

SHOOTING FISH Dan Futterman **2 Sky Premier** LAST PLAY TEXT ★★★

THE SHOP AROUND THE CORNER 14 TCM ★★★

SILENT MOVIE Mel Brooks, Marty Feldman, Dom DeLuise **15 Carlton Cinema** ★★★

SLIDING DOORS Gwyneth Paltrow, John Hannah, John Lynch, Jeanne Triplehorn **17 Sky Premier** TEXT ★★★★

SOCCER DOG: THE MOVIE 7 Sky Premier ★★

SON OF FLUBBER 27 Sky Cinema ★★

SPECIAL DELIVERY 9 Sky MovieMax PREMIERE DS ★★★

SPOTSWOOD Russell Crowe **12 Carlton Cinema** ★★★

THE SUPER Joe Pesci **9 Sky Cinema** DS ★★★

SWISS MISS Oliver Hardy **21 Sky Cinema** ★★★

TTHE TAMING OF THE SHREW Elizabeth Taylor **24 Sky Cinema** ★★★

THANK GOD HE MET LIZZIE 1 Carlton Cinema ★★★

THERE'S SOMETHING ABOUT MARY Ben Stiller **12 Sky Premier** TEXT ★★★★

TO BE OR NOT TO BE 19, 31 Sky Cinema ★★★★

TRIAL AND ERROR 25 Sky MovieMax TEXT ★★★

TROUBLE ALONG THE WAY 11 Sky Cinema ★★★

TURK 182! 2, 18 Carlton Cinema ★★★

TWO OF HEARTS Gail O'Grady, Rob Stewart **14, 31 Sky MovieMax** DS ★★★

VTHE VIRGIN SOLDIERS Hywel Bennett **13, 28 Sky Cinema** ★★★

WTHE WATERBOY 31 Front Row ★★★

WHAT RATS WON'T DO Natascha McElhone **22, 31 Sky Premier** TEXT ★★★

WHICH WAY IS UP? 25 Sky Cinema ★★★

WHO GETS THE FRIENDS? Jill Clayburgh **3, 13, 21, 31 Sky Premier** ★★★

WHO'S HARRY CRUMB? 10 Sky Cinema ★★

THE WILD LIFE Chris Penn **29 Sky Cinema** ★★★

WITH FRIENDS LIKE THESE 24 Sky MovieMax PREMIERE DS ★★★★

WITHOUT RESERVATIONS 6 Carlton Cinema ★★★

WW AND THE DIXIE DANCE KINGS 5, 16 Carlton Cinema ★★★

XTHE X-RAY KID 9 Sky Premier DS ★★★

ZENOBIA Oliver Hardy **10, 21 Sky Cinema** ★★★

DRAMA

AAIRSPEED Joe Mantegna **27 Sky MovieMax** DS ★★★

THE ALAMO: 13 DAYS TO GLORY Alec Baldwin **2, 10 Sky Premier** ★★★

ALEX AND THE GYPSY 4, 26 Sky Cinema ★★★

ALL ABOUT EVE 1, 14, 23 Sky Cinema TEXT ★★★★

ALL OF IT Lesley Ann Warren **2, 10, 26 Sky MovieMax** ★★★

ALL THE PRESIDENT'S MEN Dustin Hoffman, Robert Reford **7 Sky Cinema** ★★★★★

AMERICAN JOB Chris Smith **9 FilmFour** ★★★

AMERICAN ME 30 Sky Cinema DS ★★★

AMISTAD Morgan Freeman **10, 23 Sky Premier** TEXT ★★★★

AMY FOSTER 4, 13 Sky Premier TEXT DS ★★★★

AN ENEMY OF THE PEOPLE 3 Sky Cinema ★★★

AN UNEXPECTED LIFE 13 Sky MovieMax ★★★

ANASTASIA 27 Carlton Cinema ★★★

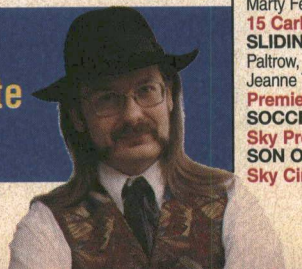
ANNA KARENINA 1, 20 Sky Cinema ★★★★

AS GOOD AS IT GETS Jack Nicholson, Helen Hunt, Greg Kinnear **10 Sky Premier** TEXT ★★★★

ATOMIC DOG Cindy Pickett **31 Sky MovieMax** ★★

THE AUDREY HEPBURN STORY Jennifer Love Hewitt **15 Sky Cinema** ★★★

Read Kim Newman's Jackie Chan feature on the *Cable Guide* website www.cableguide.co.uk



Here's our alphabetical at-a-glance planner to July's films on Front Row, Sky Premier, Sky MovieMax, Sky Cinema, FilmFour, Carlton Cinema, TCM and Disney. For full details and times, please refer to the daily listings. **PREMIERE:** first showing on British TV. **WIDESCREEN:** a film shown in letterbox format. **LAST PLAY:** last showing on the channel indicated. **TEXT:** film subtitled on Page 888 of SKYTEXT. **DS:** Dolby Surround. Figures denote date of the month. ★★★★★ Unmissable ★★★★ Good ★★★ Quite good ★★ Average ★ Awful

THE AVENGERS 21 Sky Premier TEXT ★★★

BABY COMES HOME 7, 16, 26 Sky MovieMax ★★★

BACK TO BATAAN 9 Sky Cinema TEXT ★★★

BACKSTREET DREAMS 13 Sky Cinema ★★★

BAD AS I WANNA BE 29 Sky MovieMax TEXT DS ★★

BAD BOYS Sean Penn 1, 20 Sky Cinema ★★★

THE BANDIT OF SHERWOOD FOREST 16 Sky Cinema ★★★

BANNING Robert Wagner 18 Sky Cinema ★★★

THE BARBARIAN AND THE GEISHA 19 Sky Cinema ★★

THE BATTLE OF THE BULGE Henry Fonda, Robert Ryan 18 Sky Cinema ★★★★

THE BEARS AND I 1, 23 Sky MovieMax ★★★

BEAUTIFUL GIRLS Timothy Hutton 24 FilmFour ★★★

BEAUTY Janine Turner 21 Sky MovieMax ★★★

THE BEGUILED 21 Sky Cinema ★★★★

THE BELLS OF ST MARYS 24 Carlton Cinema ★★★

BEN-HUR 2 TCM ★★★★

THE BENIKER GANG 1, 10, 23 Sky Premier ★★★

BEVERLY HILLS NINJA 5 Carlton Cinema ★★★

BEYOND THE PRAIRIE Tess Harper, Lindsay Crouse 5, 17 Sky Premier ★★★

THE BIG GAME Gary Webster 8, 24 Sky MovieMax ★★★

BIG JIM MCLAIN John Wayne 26 Sky Cinema ★★★

BIGGER THAN LIFE James Mason 23 FilmFour TEXT ★★★

BLACK CAT WHITE CAT 6 Sky Premier ★★★

BLADE Wesley Snipes 7 Sky Premier TEXT DS ★★★

BLOODSPORT Donald Gibb 8 Sky MovieMax ★★

BLUE CITY Judd Nelson 6 Sky MovieMax ★★★

BLUE VALLEY SONGBIRD Dolly Parton, John Terry 10 Sky MovieMax ★★★

A BLUEPRINT FOR MURDER 3, 29 Sky Cinema ★★★

BONDS OF LOVE 22 Carlton Cinema ★★★

BORDER LINE Sherry Stringfield, James LeGros 2, 8 Sky MovieMax PREMIERE ★★★★★

THE BOSTONIANS 1 Carlton Cinema ★★★

THE BOY FROM MERCURY 23 Carlton Cinema ★★★

BOYZ N THE HOOD Cuba Gooding Jr, Larry Fishburne 14 Sky Cinema TEXT DS ★★★★

BRIGHT ANGEL 12 Sky Cinema ★★★

A BRIGHT SHINING LIE 10 Sky MovieMax PREMIERE DS ★★★

THE BROTHERS KARAMAZOV 17 TCM ★★★

THE BRYLCREEM BOYS 9, 14, 24 Sky Premier PREMIERE ★★★★★

BUFFALO 66 Vincent Gallo 18 Sky Premier TEXT ★★★★

BUFFALO SOLDIERS Danny Glover, Timothy Busfield 14, 22 Sky MovieMax ★★★

THE BUTCHER BOY Eamonn Owens, Stephen Rea 12 Sky MovieMax TEXT ★★★★

THE BUTTERCREAM GANG 8, 22 Sky MovieMax ★★★

CAGED HEAT Barbara Steele 10 FilmFour ★★★

CALL NORTHSIDE 777 James Stewart 2 Sky Cinema ★★★

CAN'T BE HEAVEN 3 Sky MovieMax ★★★

CAPTAIN HORATIO HORNBLOWER Gregory Peck 25 Sky Cinema ★★★★

CAPTURED 11, 28 Sky MovieMax PREMIERE TEXT ★★★★

CARLA'S SONG Robert Carlyle 12 FilmFour ★★★

CASTLE KEEP 11 Sky Cinema TEXT ★★★

CAT ON A HOT TIN ROOF 21 TCM ★★★★

LA CHAMADE 29 Carlton Cinema ★★★

CHANCE OF A LIFETIME 6 Sky MovieMax ★★★

CHANCES ARE 10 Carlton Cinema ★★★

CHANDLER 31 TCM ★★★

CHARIOTS OF FIRE 15, 24 Sky Cinema TEXT ★★★★★

CHARLEY AND THE ANGEL 14 Sky MovieMax ★★★

CHARLY Cliff Robertson 30 Carlton Cinema ★★★★

CHIPS '99 Erik Estrada 16 Sky MovieMax ★★★

CHOCOLAT Cecile Ducasse 31 FilmFour ★★★

THE CHRISTMAS WISH Debbie Reynolds 5, 14 Sky Premier TEXT ★★★

CHUNGKING EXPRESS 19 FilmFour ★★★

CITIZEN KANE 9 FilmFour TEXT ★★★★★

THE CLAIRVOYANT 11 Carlton Cinema ★★★

CLASS ACTION 14, 23 Sky Premier ★★★

CLEAN AND SOBER Michael Keaton, Kathy Baker 16 Sky Cinema ★★★★

CLEOPATRA Claudette Colbert 23 Sky Cinema ★★★

COBRA 2, 7, 29 Sky MovieMax ★★★

COLD FEVER 25 FilmFour ★★★

THE COLOR OF COURAGE 11 Sky MovieMax ★★★

COLUMBO: ASHES TO ASHES Peter Falk 15 Sky MovieMax ★★★

COME SEE THE PARADISE 5 Carlton Cinema ★★★

THE COMEBACK 16 Sky MovieMax ★★★

CONDUCT UNBECOMING 4 Sky Cinema ★★★★

COOL HAND LUKE 4 Sky Cinema ★★★★

THE COUNT OF MONTE CRISTO Robert Donat 27 Sky Cinema ★★★★

COUNTER ATTACK Paul Muni 21 Sky Cinema ★★★

COUSIN BETTE Jessica Lange 9 Sky Premier TEXT DS ★★★

CRASH James Spader, Holly Hunter, Elias Koteas 8 Sky MovieMax TEXT ★★★

CRIMSON PIRATE 16 Sky Cinema ★★★

DADDY'S LITTLE ANGEL 1, 15 Sky MovieMax ★★★

DANCE HALL Natasha Perry 1, 10 Sky Cinema ★★★

DANCING AT LUGHANSA 21 FilmFour ★★★

DANIELLE STEEL'S CHANGES Cheryl Ladd 4, 12, 21, 30 Sky MovieMax ★★

DANIELLE STEEL'S DADDY 16 Sky MovieMax ★★

DANIELLE STEEL'S FINE THINGS DW Moffett 1, 10, 24 Sky MovieMax ★★

DANIELLE STEEL'S HEARTBEAT 2, 11, 19 Sky MovieMax ★★★

DANIELLE STEEL'S KALEIDOSCOPE 3 Sky MovieMax ★★

DANIELLE STEEL'S PALOMINO 8, 17, 28 Sky MovieMax ★★

DARBY'S RANGERS 31 TCM ★★★

DARLING Julie Christie 21 Carlton Cinema ★★★

DAS BOOT – THE DIRECTOR'S CUT 7, 30 Carlton Cinema ★★★

A DAY IN OCTOBER 26 Carlton Cinema ★★★

DEADLINE USA 19 Sky Cinema ★★★

DEADLY GAME Tim Matheson 5 Sky MovieMax DS ★★★

DEADLY RELATIONS 3 Sky MovieMax ★★★

DEALERS Paul McGann 19 Carlton Cinema ★★★

THE DEFENDERS: TAKING THE FIRST Beau Bridges 11 Sky MovieMax DS ★★★

DESERT HEARTS Helen Shaver, Patricia Charbonneau 2 FilmFour ★★★

DESPERATE MEASURES Andy Garcia, Michael Keatonx 16 Sky Premier TEXT DS ★★★

DESTINATION GOBI 11 Sky Cinema ★★★

DESTROYER Glenn Ford 7, 29 Sky Cinema ★★★

THE DEVIL'S ADVOCATE Al Pacino, Keanu Reeves 13 Sky Premier TEXT WIDESCREEN ★★★

DICK TRACY 23 Sky Premier TEXT DS ★★★★

DON'T GO BREAKING MY HEART Tom Conti 6, 22 Sky Premier TEXT DS ★★★

DON'T LOOK BEHIND YOU 30 Sky MovieMax ★★★

THE DOOM GENERATION 28 FilmFour ★★★

A DOUBLE LIFE 16 Carlton Cinema ★★★

DUEL IN THE SUN 9 Carlton Cinema ★★★★

DUSTY Bill Kerr 7 Carlton Cinema ★★★

DYING ON THE EDGE John Heard, Jasmine Guy 28 Sky MovieMax ★★★

DYING YOUNG 20 Sky Premier ★★★

EARTHLY POSSESSIONS Susan Sarandon 11 Sky Premier TEXT DS ★★★

EARTHQUAKE IN NEW YORK Greg Evigan 16 Sky MovieMax ★★★

EASY RIDER Dennis Hopper 21 FilmFour TEXT ★★★★

ED WOOD Johnny Depp 7 FilmFour TEXT ★★★★

THE EDGE 14, 25 Sky Premier TEXT DS ★★★

EDUCATING RITA Julie Walters 9 FilmFour TEXT ★★★

THE EDUCATION OF LITTLE TREE J19 Sky Premier PREMIERE TEXT ★★★

ELVIS: THE MOVIE 8 Carlton Cinema ★★★

EMERGENCY CALL Jack Warner 12 Sky Cinema ★★★

ENCHANTED Sydney Penny 13 Sky MovieMax ★★★

ENEMY OF THE STATE 15, 25 Sky Premier PREMIERE TEXT DS ★★★★

THE ENGLISH PATIENT 23 FilmFour TEXT ★★★★

EQUINOX Matthew Modine 26 FilmFour ★★★

ESCAPE FROM SOBIBOR 4 Carlton Cinema ★★★

EUREKA Gene Hackman 11 Carlton Cinema ★★★★

THE EVENING STAR 10 Carlton Cinema ★★★

EYES OF LAURA MARS 2, 28 Carlton Cinema ★★★★

FACE/OFF John Travolta, Nicolas Cage, Joan Allen 24 Sky Premier LAST PLAY TEXT ★★★★

FAIRY TALE: A TRUE STORY Paul McGann 27 Sky Premier TEXT ★★★

FAR OUT MAN Tommy Chong 29 Sky MovieMax DS ★★★

FAREWELL TO THE KING Nick Nolte, Nigel Havers 7, 22 Sky Cinema ★★★

FAST TIMES AT RIDGEMONT HIGH 27 Carlton Cinema ★★★

A FATHER'S SON Cheryl Ladd 14 Sky MovieMax ★★★

FEAR AND LOATHING IN LAS VEGAS Johnny Depp 23 Sky Premier DS ★★★★

FEMALE ON THE BEACH 29 Carlton Cinema ★★★

FEVER PITCH Colin Firth 27 FilmFour ★★★

55 DAYS AT PEKING Charlton Heston 3 TCM ★★★

THE FIGHTING KENTUCKIAN 13 Carlton Cinema ★★★

THE FIGHTING SEABEES 5 Carlton Cinema ★★★

FINAL DESCENT Robert Urich 23 Sky MovieMax ★★★

FIRE DOWN BELOW 13 Sky MovieMax TEXT ★★★

THE FIRST REBEL John Wayne 19 Carlton Cinema ★★★

FIRST TO FIGHT Chad Everett 27 Sky Cinema ★★★

FIST OF FURY Bruce Lee 7 FilmFour ★★★

FLESH 5 TCM ★★★

FLYING TIGERS 3 Carlton Cinema ★★★

FLYPAPER 18 Sky MovieMax DS ★★★

FOR FREEDOM 21 Carlton Cinema ★★★

THE FOUNTAINHEAD 19 TCM ★★★★

FREEFALL 9 Sky MovieMax ★★

FREEWAY 24 FilmFour ★★★

FROM THE TERRACE Paul Newman 16 Sky Cinema ★★★

THE GALLANT BLADE 16 Sky Cinema ★★★

THE GAMEKEEPER 13 FilmFour ★★★

GARDENS OF STONE 11 Carlton Cinema ★★★★

GENTLEMAN'S AGREEMENT Gregory Peck 10, 21 Sky Cinema ★★★★

G.I. JANE 1 Sky Premier LAST PLAY TEXT ★★

GLEN OR GLENDA? 12 Carlton Cinema ★

GLORY & HONOR 2, 11 Sky MovieMax DS ★★★

THE GODDESS Kim Stanley 18 Sky Cinema ★★★

GOOD WILL HUNTING 27 Sky Premier TEXT ★★★★

THE GOVERNESS Minnie Driver, Tom Wilkinson 20 Sky Premier DS ★★★

GRANDVIEW USA 16 Carlton Cinema ★★★

LA GRANDE BOUFFE 26 FilmFour ★★★★

THE GRASS HARP 20 Sky Premier TEXT DS ★★★

GREAT DAY Eric Portman 9 Sky Cinema ★★★

THE GREAT WHITE HOPE 9, 27 Carlton Cinema ★★★

GUADALCANAL DIARY Lloyd Nolan 3 Sky Cinema ★★★

GUMSHOE Albert Finney 28 Sky Cinema ★★★

GUY Vincent D'Onofrio 7 Sky MovieMax TEXT ★★★

THE HARD WAY Ida Lupino 13 TCM ★★★

HARVEST Ted Shackelford 12 Sky MovieMax ★★★

HE'S NOT YOUR SON Donna Mills, 19 Sky MovieMax ★★★

HEARTS ON FIRE 4, 24 Sky MovieMax ★★★

HEAVEN AND EARTH Joan Chen 12 FilmFour ★★★

HER OWN RULES 25 Sky MovieMax DS ★★★

HIS MAJESTY O'KEEFE 30 Sky Cinema ★★★

THE HIT 23 FilmFour ★★★★

HIT MAN 30 TCM ★★★

HOLLYWOOD CAVALCADE 19 Carlton Cinema ★★★

HOME INVASION 4, 23 Carlton Cinema ★★★

HOMEGROWN 23 Sky MovieMax TEXT ★★★

HOPE 17 Sky Premier LAST PLAY ★★★

HOPE FLOATS Sandra Bullock 17 Sky Premier TEXT ★★★

THE HORSE WHISPERER Robert Redford, Sam Neill 6, 18, 30 Sky Premier TEXT ★★★

HOUDINI 21 Sky Premier PREMIERE TEXT ★★★★★

HOUSE OF BAMBOO 5, 28 Sky Cinema ★★★

THE HUNTERS Robert Mitchum, Robert Wagner 17 Sky Cinema ★★★

THE HURRICANE ANDREW STORY Ted Wass 2, 21 Sky MovieMax ★★★

I WANT YOU 7 Sky Premier TEXT DS ★★★

ICE COLD IN ALEX 16 Carlton Cinema ★★★★

THE IDIOTS Bodil Jorgenson 14 FilmFour ★★★

IF ONLY Lena Headey 26 Sky MovieMax TEXT DS ★★★

ILLTOWN 2 FilmFour ★★★

IMMEDIATE FAMILY 28 Sky MovieMax ★★★

IN A CLASS OF HIS OWN 4 Disney PREMIERE ★★★

IN GOD'S HANDS 16 Sky MovieMax TEXT DS ★★★

IN GOLD WE TRUST J 4, 17 Sky MovieMax ★★

IN YOUR WILDEST DREAMS Trevor Black 4, 31 Sky MovieMax ★★★

INTO THIN AIR: DEATH ON EVEREST Peter Horton 7 Sky MovieMax TEXT ★★★

INVENTING THE ABBOTTS Joaquin Phoenix, Liv Tyler, Billy Crudup, Jennifer Connelly, Will Patton, Kathy Baker 12, 21, 31 Sky Premier TEXT ★★★★★

INVISIBLE MOM 2 Dee Wallace Stone 9 Sky MovieMax DS ★★★

ISLAND OF THE BLUE DOLPHINS Celia Kaye 5 Sky MovieMax ★★★

IT HAPPENED HERE Pauline Murray 6 FilmFour ★★★

I'VE HEARD THE MERMAIDS SINGING Sheila McCarthy, Paule Baillargeon 16 FilmFour ★★★

JACKIE BROWN Pam Grier, Samuel L Jackson, Robert De Niro 17 Sky Premier TEXT ★★★★

JACKIE CHAN'S WHO AM I? Jackie Chan 10-16 Front Row ★★★

THE JAYNE MANSFIELD STORY Loni Anderson 16 Sky MovieMax ★★★

JERRY MAGUIRE Tom Cruise 5 FilmFour TEXT ★★★★

LA JETÉE Davos Hanich 29 FilmFour ★★★★

JOAN OF ARC 28 Carlton Cinema ★★★

JOLSON SINGS AGAIN Larry Parks 6 Sky Cinema ★★★

THE JOLSON STORY Larry Parks 5 Sky Cinema ★★★

JOSEPH CONRAD'S THE SECRET AGENT Bob Hoskins 8 Sky Premier TEXT ★★★

JOSHUA THEN AND NOW 29 Sky Cinema ★★★

JUICE 5 FilmFour ★★★

JULES VERNE'S 800 LEAGUES DOWN THE AMAZON Daphne Zuniga 7 Sky MovieMax ★★★

KA KIND OF LOVING 14 Sky Cinema ★★★

KISS OR KILL 27 FilmFour ★★★

KISSED Molly Parker 2 FilmFour ★★★

KITCHEN 25 FilmFour ★★★

FILMS ON CABLE FILMS ON CABLE FILMS ON CABLE

LADY CAROLINE LAMB 30 Sky Cinema ★★★
LADYBIRD LADYBIRD Crissy Rock 14 FilmFour ★★★★
THE LAKER GIRLS 3 Sky MovieMax ★★★
LAND OF THE PHARAOHS 17 Sky Cinema ★★★
THE LAST BOY SCOUT 6, 29 Sky MovieMax DS ★★★★
THE LAST EMPEROR John Lone, Joan Chen, Peter O'Toole 16 FilmFour TEXT ★★★★
THE LAST GOOD TIME 9 Carlton Cinema ★★★
THE LAST PICTURE SHOW Cybill Shepherd 2, 18 Carlton Cinema ★★★★
THE LAST WAVE 19 Carlton Cinema ★★★
LEFT LUGGAGE 20, 29 Sky Premier PREMIERE ★★★★
THE LEGEND OF WOLF MOUNTAIN 8 Sky MovieMax ★★★
LEONA HELMSLEY: QUEEN OF MEAN 1, 7, 17, 29 Sky Premier ★★★
LES MISERABLES Liam Neeson, Geoffrey Rush, Uma Thurman, Claire Danes 4, 15, 27 Sky Premier PREMIERE ★★★★
LESS THAN ZERO Andrew McCarthy, Jami Gertz 18 Sky Cinema ★★★
LET HIM HAVE IT 8 Sky Cinema DS ★★★
LET IT BE ME Patrick Stewart, Campbell Scott, Jennifer Beals 12, 31 Sky MovieMax DS ★★★
LETHAL WEAPON Mel Gibson, Danny Glover 20 Sky MovieMax DS ★★★★
LETHAL WEAPON 3 Mel Gibson, Danny Glover, Joe Pesci 7 Sky MovieMax DS ★★★
LETHAL WEAPON 4 Mel Gibson, Danny Glover, Rene Russo, Jo Pesci, Jet Li 13 Sky Premier TEXT ★★★
THE LIFE AND ADVENTURES OF NICHOLAS NICKLEBY 2 Sky Cinema ★★★
LIFE AT THE TOP Laurence Harvey, Jean Simmons, Honor Blackman, Michael Craig 17 Sky Cinema ★★★

LITTLE CAESAR Edward G Robinson 20 TCM ★★★★
LITTLE LORD FAUNTLEROY 22 Carlton Cinema ★★★
LITTLE MISS MAGIC Russ Tamblyn, Vanessa Koman 9, 19 Sky MovieMax ★★★
THE LIVING END 23 FilmFour ★★★
LOCK, STOCK & TWO SMOKING BARRELS 15 Sky Premier ★★★★
LOLITA 1 TCM ★★★★
LONE WOLF KEEPS A DATE Warren William, Frances Robinson 28 Sky Cinema ★★
THE LONG ISLAND INCIDENT Laurie Metcalf, MacKenzie Astin, Tyrone Benskin 8, 18 Sky MovieMax PREMIERE ★★★
THE LOOKING GLASS WAR 7, 24 Carlton Cinema ★★★
LOOKS AND SMILES 9 FilmFour ★★★
LOOSE CANNONS 15 Carlton Cinema ★★★
LOST HORIZON 4 Sky Cinema ★★★
THE LOST WORLD Claude Rains 16 FilmFour ★★★
LOVE AFTER DEATH 4, 13, 21, 26 Sky Premier ★★★
LOVE HURTS Jeff Daniels, Cynthia Sykes, Cloris Leachman DS 4 Sky MovieMax ★★★
LOVE LETTERS Laura Linney, Steven Weber 4, 21 Sky MovieMax DS ★★★

MACBETH Orson Welles, Jeanette Nolan 17 Sky Cinema ★★★★
MAITRESSE Bulle Ogier, Gerard Depardieu 24 FilmFour ★★★★
A MAN FOR ALL SEASONS Paul Scofield, Wendy Hiller, Leo McKern, Robert Shaw 7 Sky Cinema TEXT ★★★★
THE MAN IN THE IRON MASK Louis Hayward 5 Sky Cinema ★★★★
MARIE: THE TRUE STORY Sissy Spacek, Morgan Freeman 1 Sky MovieMax ★★★
A MARRIAGE OF CONVENIENCE Jane Seymour, James Brolin, David Kaye 5, 13, 19, 28 Sky Premier ★★
MARVIN'S ROOM 22 FilmFour ★★★
THE MASK OF ZORRO Antonio Banderas, Anthony Hopkins, Catherine Zeta-Jones 1, 11, 23, 28 Sky Premier PREMIERE TEXT DS ★★★★
MASS APPEAL 11 Carlton Cinema ★★★
MASTERMINDS 15 Sky MovieMax TEXT ★★★
MAXIMUM RISK 14 Carlton Cinema ★★★
MCQ John Wayne 30 Sky Cinema ★★★★
MELANIE DARROW Delta Burke, Brian Bloom, Bruce Abbott, Wendel Meldrum 20 Sky MovieMax ★★★
A MEMORY IN MY HEART 3, 16 Sky Premier ★★★
MEMPHIS BELLE Matthew Modine, Eric Stoltz 5 Sky Premier ★★★★
MEN IN WAR 8 Sky Cinema ★★★
MEN OF TWO WORLDS 13 Carlton Cinema ★★★
MERRILL'S MARAUDERS Ty Hardin, Jeff Chandler 22 Sky Cinema ★★★
MERRY CHRISTMAS, MR LAWRENCE David Bowie, Ryuichi Sakamoto, Tom Conti 17 FilmFour ★★★★
MICHAEL JORDAN: THE ROAD TO VICTORY 13, 27 Sky MovieMax DS ★★★
MIDNIGHT EXPRESS John Hurt, Brad Davis 12, 31 Carlton Cinema ★★★★
MIRACLE MILE Anthony Edwards, Mare Winningham, John Agar 15 Sky MovieMax ★★★
MIRACLE ON MAIN STREET 26 Carlton Cinema ★★★
MISTAKEN IDENTITY 19, 27 Sky MovieMax ★★★
MISTER FROST Jeff Goldblum 17 Sky MovieMax ★★★
MISTER JOHNSON 8 Sky Cinema DS ★★★
MOGAMBO 12 TCM ★★★
MOM, CAN I KEEP HER? Gil Gerard, Kevin Dobson 18 Sky MovieMax ★★
MONSIGNOR 6 Carlton Cinema ★★★★
A MONTH OF SUNDAYS 2 Carlton Cinema ★★★
MOTORCYCLE GANG 1 FilmFour TEXT ★★★
THE MUMMY Brendan Fraser, Rachel Weisz 17-30 Front Row ★★★★
THE MUSIC OF CHANCE 17 FilmFour ★★★
MY NAME IS JOE 8 FilmFour ★★★★
MY OWN PRIVATE IDAHO Keanu Reeves, River Phoenix 9 FilmFour TEXT ★★★

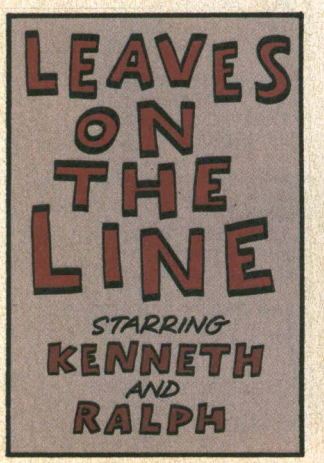
MYSTERY TRAIN 17 FilmFour ★★★★
MYSTIC NIGHTS AND PIRATE FIGHTS 20 Sky MovieMax DS ★★★

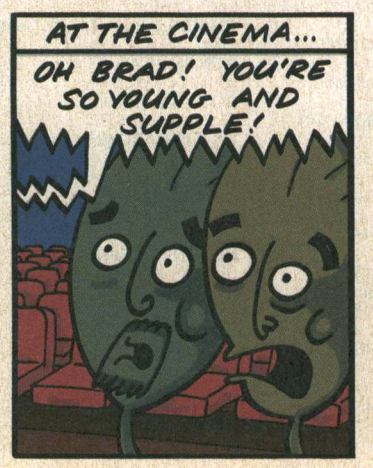
NAKED CITY: JUSTICE WITH A BULLET 1, 10 Sky MovieMax PREMIERE ★★★
NAKED LUNCH Peter Weller 22 Sky Cinema ★★★
NAVIGATING THE HEART 14 Sky MovieMax ★★★
THE NEGOTIATOR Samuel L Jackson, Kevin Spacey 9, 28 Sky Premier TEXT DS ★★★★
NEVER TELL ME NEVER 25 Carlton Cinema ★★★
NEVER TELL ME NEVER 26 Sky MovieMax DS ★★★
THE NEWTON BOYS Matthew McConaughey, Skeet Ulrich 6, 21 Sky MovieMax TEXT DS ★★★
NIAGARA Joseph Cotten, Marilyn Monroe 13, 28 Sky Cinema ★★★★
NIAGARA, NIAGARA 28 FilmFour ★★★
NICHOLAS AND ALEXANDRA Michael Jayston, Janet Suzman, Laurence Olivier 6 Sky Cinema ★★★
NICK FURY: AGENT OF S.H.I.E.L.D. 23 Sky MovieMax TEXT ★★
NICO Steven Seagal, Pam Grier 4 Sky MovieMax DS ★★★
NIGHT OF THE WARRIOR 2 Sky MovieMax ★★★
NIGHT ON EARTH 26 FilmFour ★★★★
THE NIGHT WALKER 15 Sky Cinema ★★★★
NIGHTMARE ALLEY 3 FilmFour ★★★
NIGHTMARE IN BIG SKY COUNTRY 15 Sky MovieMax TEXT ★★★
NIL BY MOUTH Ray Winstone 9 Sky MovieMax TEXT DS ★★★★
NOIR ET BLANC Francis Frappat 7 FilmFour ★★★
NORMA RAE 8, 31 Carlton Cinema ★★★
NOT IN THIS TOWN 21 Sky MovieMax ★★★
NOTHING IN COMMON 17 Carlton Cinema ★★★
NOWHERE LAND 22 Sky MovieMax PREMIERE DS ★★★

OCEAN'S 11 Frank Sinatra, Dean Martin, Sammy Davis Jr 12 Sky Cinema ★★★
OLD GRINGO 29 Carlton Cinema ★★★
ON THE WATERFRONT Marlon Brando, Rod Steiger, Lee J Cobb 21 Sky Cinema ★★★★★
ONCE UPON A TIME IN CHINA II 15 FilmFour ★★★
ONE IS A LONELY NUMBER 21 TCM ★★★
ONE MYSTERIOUS NIGHT 6 Sky Cinema ★★★
ONE NIGHT STAND Wesley Snipes, Nastassja Kinski 3, 13, 23 Sky Premier TEXT ★★★★
ONE SPECIAL NIGHT James Garner, Julie Andrews 5, 17 Sky MovieMax ★★★
ONE SPECIAL VICTORY 6, 18, 29 Sky MovieMax ★★★
ONE TRUE THING 1-2 Front Row ★★★★
OPERATION PACIFIC 4 Sky Cinema ★★★
ORDINARY PEOPLE Donald Sutherland, Mary Tyler Moore 17 Sky Cinema ★★★★
OUT FOR JUSTICE Steven Seagal 12 Sky MovieMax DS ★★★

PALOOKAVILLE Adam Trese, Vincent Gallo, William Forsythe 11 FilmFour ★★★★
THE PANDORA PROJECT 30 Sky MovieMax ★★★
THE PANIC IN NEEDLE PARK Al Pacino, Kitty Winn 8 Sky Cinema ★★★★
PARADISE ALLEY Sylvester Stallone 25 Carlton Cinema ★★★
PARADISE LOST: THE CHILD MURDERS AT ROBIN HOOD HILLS 1 FilmFour ★★★
PARADISE ROAD 29 Sky Premier TEXT ★★★
PARANOIAC Janette Scott, Oliver Reed, Sheila Burrell 14 Sky Cinema ★★★
A PASSAGE TO INDIA 9 Sky Cinema ★★★★
PASSION FISH 4 FilmFour ★★★★
PASSIONATE FRIENDS 30 Carlton Cinema ★★★
PAYBACK 12 Sky Premier ★★★
PEDICAB DRIVER Sammo Hung Kam-Bo 21 FilmFour ★★★
THE PEOPLE VS LARRY FLYNT Woody Harrelson 14 FilmFour TEXT ★★★★
PERDITA DURANGO 21 FilmFour ★★★
PERFECT 18 Carlton Cinema ★★★
A PERFECT TRIBUTE Jason Robards, Lukas Haas, Jose Ferrer 5 Sky MovieMax ★★★
PERSONAL AFFAIR 4 Carlton Cinema ★★★
PICNIC AT HANGING ROCK 1 FilmFour ★★★★
PIMPERNEL SMITH 25 Sky Cinema ★★★
THE PIRATES OF BLOOD RIVER Christopher Lee 15 Sky Cinema ★★★
PIT PONY Richard Donat, Denny Doherty 4, 12, 21 Sky Premier ★★★
PLAYERS A13 Sky Cinema ★★★
PONY SOLDIER 11, 24 Sky Cinema ★★★
POOR COW 11 FilmFour TEXT ★★★★
THE POSTMAN 5, 24 Sky Premier TEXT ★★★
PREFONTAINE Jared Leto, R Lee Ermey, Ed O'Neill 31 Sky MovieMax ★★★
THE PRESIDENT'S MAN Chuck Norris, Dylan Neal, Jennifer Tung 12, 24 Sky MovieMax PREMIERE ★★★
PRETTY BABY Brooke Shields 9, 18 Sky Cinema ★★★
THE PRICE OF A BROKEN HEART Laura Innes, Park Overall, Timothy Carhart 15 Sky MovieMax ★★★
THE PRISONER OF SECOND AVENUE Jack Lemmon, Anne Bancroft 14 Sky Cinema ★★★
THE PROPOSITION Kenneth Branagh, Madeleine Stowe, William Hurt, Neil Patrick Harris 8, 22 Sky Premier TEXT DS ★★★
PSYCH-OUT Jack Nicholson 8 FilmFour ★★★
THE PUBLIC EYE 15 Sky Cinema DS ★★★
PULP FICTION J18 FilmFour TEXT ★★★★
PUNCHLINE Tom Hanks 19 Carlton Cinema ★★★

A RAGE IN HARLEM 5, 16, 28 Sky Premier DS ★★★
RAINING STONES 11 FilmFour TEXT ★★★★
RESCUERS: STORIES OF COURAGE – TWO COUPLES 20 Sky MovieMax ★★★
RESURRECTION 12, 18, 22 Sky Premier TEXT ★★★
REUNION IN FRANCE 6 TCM ★★★
RIFF-RAFF 10 FilmFour TEXT ★★★★
RIOT IN CELL BLOCK 11 25 Carlton Cinema ★★★
RISKY BUSINESS Tom Cruise, Rebecca De Mornay 31 Sky Cinema DS ★★★
RIVER'S EDGE 7, 25 Sky Cinema ★★★★
ROAD HOUSE 1 Carlton Cinema ★★★
ROBIN AND MARIAN 5 FilmFour ★★★★
ROOM AT THE TOP 8 Sky Cinema TEXT ★★★★
ROUNDERS Matt Damon, Gretchen Mol 19, 31 Sky MovieMax PREMIERE TEXT ★★★★
ROW YOUR BOAT 29 Carlton Cinema ★★★



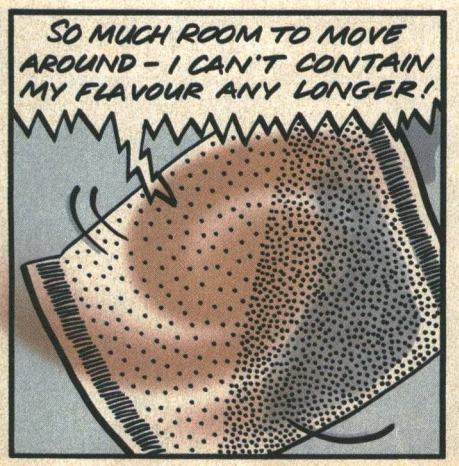


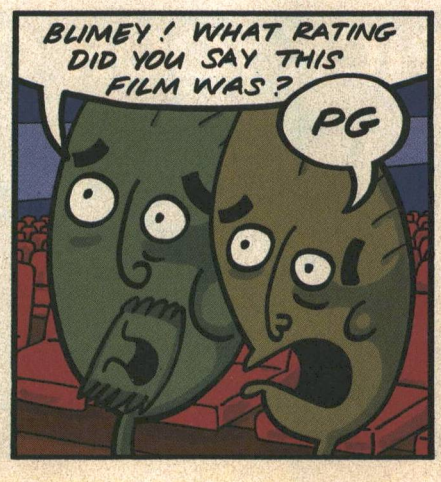
FILMS ON CABLE FILMS ON CABLE FILMS ON CABLE

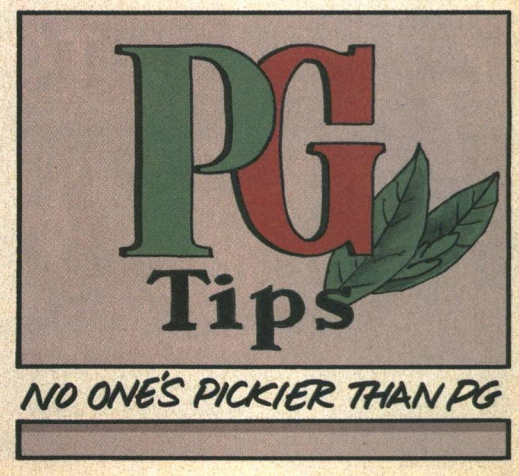
RUN WILD, RUN FREE 3, 27 Sky Cinema ★★★
RUNNING BRAVE 11, 23, 31 Sky MovieMax DS ★★★★★
RUSH HOUR Jackie Chan 10, 30 Sky MovieMax TEXT DS ★★★★
THE SAINT OF FORT WASHINGTON Matt Dillon, Danny Glover, Ving Rhames 3 FilmFour TEXT ★★★
SAME RIVER TWICE 9, 19 Sky MovieMax ★★★
SAMSON AND DELILAH Victor Mature, Hedy Lamarr 8 Sky Cinema ★★★
SANDS OF IWO JIMA 10 Carlton Cinema ★★★
SAVING PRIVATE RYAN Tom Hanks, Tom Sizemore, Edward Burns, Matt Damon 2, 21 Sky Premier TEXT DS ★★★
SCALAWAG Kirk Douglas, Neville Brand, Mark Lester, Lesley-Anne Down 16 Sky Cinema ★★★
SCARECROW Gene Hackman, Al Pacino, Eileen Brennan 16, 25 Sky Cinema ★★★
THE SCARLET TUNIC Jean-Marc Barr, Emma Fielding, Simon Callow, John Sessions 3, 11, 19, 24, 30 Sky Premier ★★★
THE SUBSITUTE 2: SCHOOL'S OUT 24 Sky MovieMax TEXT DS ★★★
SEA PEOPLE 6 Disney TEXT ★★★
THE SEA WOLVES 21 Sky Cinema ★★★
THE SECOND JUNGLE BOOK: MOWGLI & BALOO Jamie Williams, Bill Campbell 3 Sky Premier TEXT DS ★★★
THE SECRET OF CONVICT LAKE 8 Sky Cinema ★★★
THE SECRET OF THE PURPLE REEF 30 Sky Cinema ★★★
THE SEVEN LITTLE FOYS 4 Sky Cinema ★★★
SEVEN WOMEN Anne Bancroft 19 TCM ★★★
SEVEN YEARS IN TIBET 4, 19 Sky Premier TEXT ★★★★
THE SEVENTH VOYAGE OF SINBAD 15 FilmFour ★★★
SHAMUS 14 Carlton Cinema ★★★
SHANGHAI EXPRESS Marlene Dietrich, Warner Oland, Clive Brook, Anna May Wong 25 Sky Cinema ★★★
SHARKY'S MACHINE Burt Reynolds, Rachel Ward, Vittorio Gassman, Brian Keith, Bernie Casey 6 Sky Cinema ★★★
SHELTER Brenda Bakke, John Allen Nelson, Peter Onorati 25 Sky MovieMax PREMIERE DS ★★★
SHILOH 15, 25 Sky Premier ★★★
SHINING THROUGH 15 Sky Cinema DS ★★
SHOOTING ELIZABETH 11 Carlton Cinema ★★★
SILKWOOD Meryl Streep 1 Carlton Cinema ★★★★
SINBAD THE SAILOR 26 Sky Cinema ★★★★
SIX DAYS, SEVEN NIGHTS Harrison Ford, Anne Heche, David Schwimmer 10, 15 Sky Premier TEXT DS ★★★
SLING BLADE Billy Bob Thornton 3 FilmFour ★★★
SLUMS OF BEVERLY HILLS Natasha Lyonne, Alan Arkin, Bryna Weiss, Marisa Tomei 25 Sky MovieMax TEXT ★★★
SNOW WHITE: A TALE OF TERROR Sigourney Weaver, Sam Neill, Gil Bellows, Taryn Davis 17, 30 Sky Premier LAST PLAY TEXT ★★★
SOLDIER OF FORTUNE 24 Sky Cinema ★★★
SOMMERSBY Richard Gere 8 FilmFour TEXT ★★★
THE SOUL COLLECTOR 9 Sky MovieMax ★★★
SOUTHERN HEART 17 Sky MovieMax DS ★★★
THE SOUTHERN STAR 25 Sky Cinema ★★★
SPLIT INFINITY Trevor Black, Melora Slover, Sean Neves 3, 17, 31 Sky MovieMax ★★★
STAR MAPS Douglas Spain, Efrain Figueroa 15 Sky MovieMax ★★★
STATE OF GRACE10 Sky Cinema DS ★★★★
STEEL MAGNOLIAS 3, 13, 25 Sky Premier TEXT ★★★
STICK Burt Reynolds 5 Carlton Cinema ★★★
STRATEGIC AIR COMMAND James Stewart, June Allyson 2 Sky Cinema ★★★
STRIKING POSES Shannen Doherty 21 Sky MovieMax ★★★
THE SUBTERRANEANS 11 TCM ★★★
THE SUE RODRIGUEZ STORY 30 Sky MovieMax TEXT ★★★
SUPERFLY 30 TCM ★★★★
SWEENEY TODD 18, 26 Sky Premier TEXT ★★★
SWEETIE 13 Sky Cinema ★★★
SWORD OF SHERWOOD FOREST Richard Greene, Peter Cushing 1 Sky Cinema ★★★
SWORD OF THE VALIANT 24 Sky MovieMax DS ★★★
TTAFFIN Pierce Brosnan, Ray McAnally 8, 18 Sky Cinema ★★★
TAKE CARE OF YOUR SCARF, TATJANA 24 FilmFour ★★★
TAKE MY ADVICE: THE ANN & ABBY STORY 3, 25 Sky MovieMax ★★
TAKEN Dabney Coleman, Stewart Bick, Linda Smith 18 Sky MovieMax DS ★★★
TAKING OFF Lynn Carlin, Buck Henry, Linnea Heacock 19 Sky Cinema ★★★
TAPS 20 Sky Cinema ★★★★
TARZAN AND THE LOST CITY 29 Sky MovieMax TEXT DS ★★
TENDER MERCIES 7 Sky Cinema ★★★★
THE TESTAMENT OF DR MABUSE Rudolf Klein-Rogge, Otto Wernicke 3 FilmFour ★★★
THE WINGS OF EAGLES 13 TCM ★★★
THELMA AND LOUISE 29 FilmFour TEXT ★★★★
THEY SHOOT HORSES 23 Carlton Cinema ★★★
THEY WERE EXPENDABLE 20 TCM ★★★
THIS IS THE SEA Richard Harris 4 Sky Premier DS ★★★
A THOUSAND HEROES Charlton Heston, Richard Thomas 12 Sky MovieMax ★★★
THE THREE FACES OF EVE 14 Sky Cinema ★★★
THREE WISHES 9 Carlton Cinema ★★★
TIARA TAHITI 12 Carlton Cinema ★★★
THE TIGER WOODS STORY Khalil Kain, Keith David 1 Sky MovieMax ★★★
A TIME TO HEAL Nicollette Sheridan, Gary Cole 5, 13, 25 Sky MovieMax ★
THE TIN SOLDIER Jon Voight6, 25, 31 Sky Premier ★★★
TITANIC Barbara Stanwyck, Robert Wagner, Clifton Webb 7, 26 Sky Cinema ★★★★
TO LOVE, HONOR AND BETRAY James Brolin, Crystal Bernard, David Cubitt 14, 26 Sky MovieMax ★★★
TOPLESS WOMEN TALK ABOUT THEIR LIVES 16 FilmFour TEXT ★★★
TORPEDO RUN 6 TCM ★★★
TO SIR WITH LOVE II 30 Carlton Cinema ★★★
TOUCH Bridget Fonda, Christopher Walken, Skeet Ulrich, Tom Arnold 10, 26 Sky Premier TEXT DS ★★★
TOUGHLOVE 14 Sky Premier ★★★
TRAITOR WITHIN Timothy Hutton, Joan Plowright, Elizabeth Pena 13 Sky MovieMax PREMIERE ★★★
TREACHEROUS CROSSING 24 Sky MovieMax ★★★
TREES LOUNGE Steve Buscemi, Anthony LaPlaglia 31 FilmFour ★★★★
TRIAL 5 TCM ★★★
TRIUMPH OF THE SPIRIT Willem Dafoe, Edward James Olmos, Robert Loggia 6 Sky Premier ★★★
TRUE ROMANCE Christian Slater, Dennis Hopper 30 Carlton Cinema ★★★★
THE TRUMAN SHOW Jim Carrey, Ed Harris 20 Sky Premier TEXT ★★★★
TWILIGHT Paul Newman, Susan Sarandon, Gene Hackman 11 Sky Premier PREMIERE TEXT ★★★★
TWIN DRAGONS Jackie Chan 17-23 Front Row ★★★
UNDER THE LIGHTHOUSE DANCING Jack Thompson 2, 7, 17, 26 Sky Premier DS ★★★
UNDERCOVER ANGEL10 Sky Premier DS ★★★
VANISHED WITHOUT A TRACE 13, 28 Sky MovieMax ★★★
VENGEANCE IS MINE Ken Ogata 5 FilmFour ★★★
WWAKE OF THE RED WITCH 12 Carlton Cinema ★★★
WALKER Ed Harris, Marlee Matlin, Richard Masur, Peter Boyle 26 Sky Cinema ★★★
THE WATERDANCE 20 Carlton Cinema ★★★
WAY OF THE DRAGON 15 FilmFour ★★★
THE WHALES OF AUGUST Bette Davis, Lillian Gish 10, 26 Sky Cinema ★★★★
WHAT DREAMS MAY COME Robin Williams, Cuba Gooding Jr, Annabella Sciorra, Max von Sydow 4, 16 Sky Premier TEXT DS ★★★
WHATEVER HAPPENED TO BABY JANE? Bette Davis, Joan Crawford23 Sky Cinema ★★★★
WHEN TRUMPETS FADE Donovan 26 Sky MovieMax PREMIERE DS ★★★
WHERE EAGLES DARE 10 TCM ★★★★
WHERE THE RED FERN GROWS 2, 11, 17, 26 Sky MovieMax ★★★
WHIRLPOOL Gene Tierney, Jose Ferrer , Richard Conte 11 FilmFour TEXT ★★★
WHO'S AFRAID OF VIRGINIA WOOLF? 25 Sky Cinema ★★★★
THE WHOLE WIDE WORLD 9 FilmFour ★★★
WHOSE LIFE IS IT ANYWAY? 9 TCM ★★★★
THE WILBY CONSPIRACY 26 Carlton Cinema ★★★
WILD AMERICA 7 Sky Premier ★★★
WILD AT HEART 22 FilmFour ★★★★
WILD IN THE STREETS 8 FilmFour ★★★
WILD RIVER 13 Sky Cinema ★★★★
WIND DANCER 7, 18, 27 Sky MovieMax ★★★
WIND RIVER 29 Sky Premier ★★★
WITHOUT A TRACE 17 Carlton Cinema ★★★
THE WOODLANDERS 16 FilmFour ★★★
WRITTEN ON THE WIND 24 Sky Cinema ★★★
YYEAR OF THE GUN 27 Sky Cinema DS ★★★
ZZORBA THE GREEK Anthony Quinn, Alan Bates 30 Sky Cinema ★★★

FAMILY FILMS

ATHE ADVENTURE OF SHERLOCK HOLMES' SMARTER BROTHER 20 Sky Cinema ★★★
THE ADVENTURES OF SLAPPY THE SEA LION 7, 16, 24 Sky Premier TEXT DS ★★★
AIR BUD 2, 8 Sky Premier PREMIERE TEXT DS ★★★
AIR BUD: GOLDEN RECEIVER Kevin Zegers 9, 15 Sky Premier PREMIERE DS ★★★
ALLEY CATS STRIKE 31 Disney PREMIERE ★★★
BBABE: PIG IN THE CITY James Cromwell 30 Sky Premier PREMIERE DS ★★★★
BEDKNOBS AND BROOMSTICKS Angela Lansbury, David Tomlinson, Roddy McDowall, Sam Jaffe 2, 18 Sky Premier ★★★
BEETHOVEN Charles Grodin 16, 31 Sky Premier DS ★★★
THE BLACK STALLION 3 Carlton Cinema ★★★
BUDDY Rene Russo, Robbie Coltrane, Alan Cumming 8, 20 Sky Premier TEXT ★★★
CCOP AND A HALF Burt Reynolds 25 Sky Premier ★
DDOCTOR DOLITTLE Eddie Murphy, Ossie Davis, Oliver Platt, Peter Boyle 6 Sky Premier TEXT ★★★
FFLUKE 12 Disney TEXT ★★★
FREE WILLY 3: THE RESCUE 4 Sky Premier TEXT DS ★★
GGENIUS Trevor Morgan 9 Disney TEXT ★★★
GETTING EVEN WITH DAD 14, 29 Disney ★★★
IINCREDIBLE JOURNEY 13 Disney ★★★
THE INCREDIBLE MR LIMPET Don Knotts 19 Sky Cinema ★★★
IT TAKES TWO 23 Disney TEXT ★★★
JJACK FROST Michael Keaton, Kelly Preston 31 Front Row ★★★
JOHNNY TSUNAMI 16 Disney TEXT ★★★
THE JOURNEY OF NATTY GANN 2, 12, 22, 31 Sky Premier ★★★
KA KID CALLED DANGER 29 Sky Premier TEXT ★★★
LTHE LEGEND OF PIRATE'S POINT 4, 12, 17, 27 Sky Premier ★★★
MMARY POPPINS Julie Andrews, Dick Van Dyke 1, 22 Disney LAST PLAY ★★★★
MERMAID Ellen Burstyn, Samantha Mathis 18 Disney PREMIERE ★★★
MOUSEHUNT 26 Sky Premier TEXT ★★★★
OOLIVER AND COMPANY 1, 25 Disney TEXT ★★★
PPARENT TRAP 29 Disney TEXT ★★★
PAWS Billy Connolly 31 Sky Premier ★★★
PETE'S DRAGON 22 Disney TEXT ★★★
RRATZ Kathy Baker 20 Disney TEXT ★★★
RETURN FROM WITCH MOUNTAIN Bette Davis, Christopher Lee, Kim Richards 30 Sky Premier ★★★★
RUSTY: THE GREAT RESCUE 26 Sky Premier TEXT DS ★★★







SABRINA THE TEENAGE WITCH 2 Disney TEXT ★★★
THE SECOND JUNGLE BOOK: MOWGLI & BALOO Jamie Williams 3, 11, 19, 27 Sky Premier TEXT DS ★★
THAT DARN CAT Christina Ricci 1, 23 Sky Premier DS ★★★
3 NINJAS: HIGH NOON ON MEGA MOUNTAIN 13, 28 Sky Premier TEXT ★
TOYS Robin Williams, Michael Gambon 25 FilmFour ★★★
TREEHOUSE HOSTAGE 30 Sky Premier ★★
20,000 LEAGUES UNDER THE SEA Kirk Douglas, James Mason, Peter Lorre, Paul Lukas 28 Sky Cinema ★★★★
UP, UP AND AWAY 10 Disney TEXT ★★★
ZEUS & ROXANNE Steve Guttenberg, Kathleen Quinlan, Miko Hughes 12 LAST PLAY Sky Premier ★★★

HORROR

BLADE Wesley Snipes, Stephen Dorff 22 Sky Premier TEXT DS ★★★★
BLOOD BEAST TERROR 17 Carlton Cinema ★★★
BODY PARTS Jeff Fahey, Lindsay Duncan, Kim Delaney 9, 20 Sky MovieMax ★★★
BRAM STOKER'S DRACULA Gary Oldman, Winona Ryder, Anthony Hopkins, Keanu Reeves 7 FilmFour TEXT ★★★★
CANDYMAN 2: FAREWELL TO THE FLESH Tony Todd, Kelly Rowan 10 FilmFour TEXT ★★★
CHRISTINE Keith Gordon, John Stockwell 25 FilmFour TEXT ★★★
THE CURSE OF THE MUMMY'S TOMB Terence Morgan, Ronald Howard 22 Sky Cinema ★★★
DEEP RISING Treat Williams 15 Sky MovieMax TEXT ★★★★
DRACULA HAS RISEN FROM THE GRAVE 10 Sky Cinema ★★★
THE EXORCIST Ellen Burstyn, Max Von Sydow, Lee J Cobb, Linda Blair 14, 26 Sky Premier TEXT ★★★★
THE GHOST OF FRANKENSTEIN 22 Sky Cinema ★★★
THE HANDS OF ORLAC 4 Carlton Cinema ★★★
THE HAUNTED HOUSE OF HORROR 1 Carlton Cinema ★★★
THE HUNGER 4 TCM ★★★
I KNOW WHAT YOU DID LAST SUMMER 20 Sky MovieMax TEXT DS ★★★
THE LAST BROADCAST 1 FilmFour ★★★
A NIGHTMARE ON ELM STREET 3 – DREAM WARRIORS 4 FilmFour ★★★
THE PHANTOM OF THE OPERA 1 Sky Cinema ★★★
POLTERGEIST 11 TCM ★★★
PSYCHO 29 Sky Premier PREMIERE DS ★★
THE REPTILE 5, 16 Sky Cinema ★★★
SATAN'S SLAVE 14 Carlton Cinema ★★★
SCREAM Drew Barrymore, Neve Campbell, David Arquette 4 FilmFour TEXT ★★★★
SCREAM 2 27 Sky MovieMax TEXT ★★★
TALOS THE MUMMY J 3, 12 Sky MovieMax DS ★★★
THE TEXAS CHAINSAW MASSACRE Gunnar Hansen, Marilyn Burns, Allen Danziger 1, 10 FilmFour ★★★★
VAMPYROS LESBOS Soledad Miranda, Dennis Price 30 FilmFour ★★★★
VISITING HOURS 22 Sky Cinema ★★★
WES CRAVEN'S NEW NIGHTMARE Robert Englund, Heather Langenkamp 4 FilmFour ★★★

MUSICAL

ALL THAT JAZZ 9, 27 Carlton Cinema ★★★
AN AMERICAN IN PARIS 14 TCM ★★★★
ANNIE 23 Disney TEXT ★★★
THE BAWDY ADVENTURES OF TOM JONES Nicky Henson, Trevor Howard, Arthur Lowe, Terry-Thomas 9 Sky Cinema ★★★
CAR WASH 16 Carlton Cinema ★★★
FUN IN ACAPULCO Elvis Presley, Ursula Andress, Paul Lukas 14 Sky Cinema ★★★
G.I. BLUES Elvis Presley, Juliet Prowse, Leticia Roman 30 Sky Cinema ★★★
GIGI 8 TCM ★★★★
THE GIRL CAN'T HELP IT Fats Domino, Eddie Cochran 8 Carlton Cinema ★★★
HELLO 21 Carlton Cinema ★★★
KID GALAHAD 8 Carlton Cinema ★★★
MACK THE KNIFE Raul Julia, Richard Harris, Julia Migenes, Roger Daltrey 4, 19 Sky Cinema ★★★
MY SIX LOVES 5 Sky Cinema ★★★
ONE FROM THE HEART i 20 FilmFour TEXT ★★★
PALMY DAYS 23 Carlton Cinema ★★★
RODGERS' AND HAMMERSTEIN'S CINDERELLA 5, 22, 30 Disney TEXT ★★★
SALLY 18 Carlton Cinema ★★★
STOWAWAY 5 Carlton Cinema ★★★
SUMMER HOLIDAY Cliff Richard, Lauri Peters, Melvyn Hayes 4 FilmFour ★★★
TANGO 15 Carlton Cinema ★★★
TOMMY Elton John 8 Carlton Cinema ★★★
WEEKEND IN HAVANA 20 Carlton Cinema ★★★
THE YOUNG ONES Cliff Richard 6 FilmFour ★★★
YOU'RE A SWEETHEART 17 Carlton Cinema ★★★

THRILLER

AFTER MIDNIGHT WITH BOSTON BLACKIE 23 Sky Cinema ★★
AGAINST ALL ODDS 3, 21 Carlton Cinema ★★★
AGATHA CHRISTIE'S ENDLESS NIGHT 7 Sky Cinema ★★★
ALBINO ALLIGATOR 21 Sky MovieMax LAST PLAY TEXT ★★★★
ALIAS BOSTON BLACKIE 23 Sky Cinema ★★
ARLINGTON ROAD Tim Robbins, Jeff Bridges 7-13 Front Row ★★★★
THE ARSENAL STADIUM MYSTERY Leslie Banks, Anthony Bushell 17 FilmFour ★★★
BADLANDS 3 Sky Cinema ★★★★
BEWARE, MY LOVELY 9 TCM Ida Lupino ★★★
BLACK SUNDAY Robert Shaw, Bruce Dern, Marthe Keller 7, 31 Sky Cinema ★★★★
THE BIG HIT Mark Wahlberg, Lou Diamond Phillips 24-30 Front Row ★★★
THE BIG SLEEP (DIRECTOR'S CUT) Humphrey Bogart 18 TCM ★★★★
BLACKMAIL John Longden, Cyril Ritchard 10 FilmFour TEXT ★★★
BLUE STEEL Jamie Lee Curtis 15 FilmFour ★★★
BLUEBEARD'S TEN HONEYMOONS George Sanders, Corinne Calvert, Jean Kent, Patricia Roc 5 Sky Cinema ★★★
BOSTON BLACKIE AND THE LAW 1 Sky Cinema ★★
BOSTON BLACKIE BOOKED ON SUSPICION Chester Morris, Lynn Merrick 29 Sky Cinema ★★
BOSTON BLACKIE GOES HOLLYWOOD 29 Sky Cinema ★★
BREAKDOWN Kurt Russell, JT Walsh, Kathleen Quinlan 31 Sky Premier TEXT ★★★
BRIGHTON ROCK 18 FilmFour TEXT ★★★★
BRING ME THE HEAD OF ALFREDO GARCIA 3 Carlton Cinema ★★★
CIRCLE OF DECEPTION 18 Sky MovieMax ★★★
CLOCKERS Harvey Keitel 8 FilmFour ★★★
CONFESSIONS OF BOSTON BLACKIE 13 Sky Cinema ★★
CRIME OF PASSION 15 Carlton Cinema ★★★
CRUEL INTENTIONS Sarah Michelle Gellar, Ryan Phillippe 31 Front Row ★★★★
CRUISING Al Pacino, Paul Sorvino 12 Sky Cinema ★★★
CRY TERROR 16 TCM ★★★
DAD SAVAGE 21 Sky MovieMax TEXT ★★★
DANGEROUS ATTRACTION 17, 25 Sky MovieMax ★★
DANGEROUS EVIDENCE 20 Sky MovieMax ★★
DEAD RINGERS J21 Sky Premier ★★★★
DEATH TRAIN 4 Carlton Cinema ★★★
DESIRE AND HELL AT SUNSET MOTEL Sherilyn Fenn, Whip Hubley 26 Sky MovieMax ★★★
DESTINY TURNS ON THE RADIO 31 Carlton Cinema ★★★
DIPLOMATIC COURIER 20 Sky Cinema ★★★
THE DOUBLE MAN 25 Sky Cinema ★★★
DOUBLE TROUBLE 7, 24 Carlton Cinema ★★★
DUEL Dennis Weaver, Tim Herbert, Eddie Firestone 16 Sky Cinema ★★★
8MM Nicholas Cage, Joaquin Phoenix, James Gandolfini 1-9 Front Row ★★★★
ELMORE LEONARD'S GOLD COAST 5 Sky MovieMax TEXT ★★★
ETERNAL REVENGE Alexandra Paul, Vlasta Vrana 23 Sky MovieMax ★★★
THE EXECUTIONER George Peppard 29 Sky Cinema ★★★
EXILED Christopher Noth, Dabney Coleman, Ice T 19 Sky MovieMax ★★★
FACE Robert Carlyle, Ray Winstone 22 Sky MovieMax ★★★
THE FIEND WHO WALKED THE WEST Hugh O'Brian, Robert Evans, Dolores Michaels 18 Sky Cinema ★★★
FINAL ANALYSIS Richard Gere, Kim Basinger, Uma Thurman, Eric Roberts 23 Sky Cinema DS ★★★
FREEFALL Jaclyn Smith, Bruce Boxleitner, Scott Wentworth 18 Sky MovieMax ★★★
FRENZY 28 Carlton Cinema ★★★
THE GAME Michael Douglas 5, 19 Sky Premier LAST PLAY TEXT ★★★
GRAND NATIONAL NIGHT 14 Carlton Cinema ★★★
HARD CONTRACT James Coburn, Lee Remick 24 Sky Cinema ★★★
HARPER Paul Newman 27 Sky Cinema ★★★
HIDDEN AGENDA 6 Carlton Cinema ★★★
HOMICIDE Joe Mantegna, William H Macy 12 Sky Cinema DS ★★★
THE HUNTED Harry Hamlin, Madchen Amick 13 Sky MovieMax TEXT DS ★★★
HUSH Jessica Lange, Johnathon Schaech, Gwyneth Paltrow 27 Sky Premier TEXT DS ★★★
I CONFESS 12 Sky Cinema ★★★★
IMMINENT DANGER Connie Sellecca, Matt McCoy, Alana Austin, Anthony DeFilippo 2, 27 Sky MovieMax ★★★
IN DREAMS Annette Bening 7-16 Front Row ★★★★
INDISCREET 31 Sky MovieMax ★★★
IRON MAZE Bridget Fonda 24 Sky Cinema ★★★
JACK'S BACK James Spader, Cynthia Gibb, Rod Loomis, Rex Ryon 11 Sky MovieMax ★★★
KLUTE Donald Sutherland, Jane Fonda, Charles Cioffi 17 Sky Cinema ★★★★
THE LANDLADY Talia Shire, Jack Coleman, Bruce Weitz, Melissa Behr 5, 27 Sky MovieMax ★★★
THE LAUGHING POLICEMAN Walter Matthau, Bruce Dern, Albert Paulsen 11 Sky Cinema ★★★
LIFEBOAT Tallulah Bankhead 13 FilmFour TEXT ★★★★
THE LODGER Ivor Novello 8 FilmFour TEXT ★★★★
THE LONE WOLF IN LONDON Gerald Mohr 2 Sky Cinema ★★
THE LONE WOLF SPY HUNT 2 Sky Cinema ★★
LOSS OF FAITH 23 Sky MovieMax ★★★
LOVE, MURDER AND DECEIT Rachel Ward, Joshua Morrow, Terry O'Quinn 4, 14 Sky MovieMax ★★★
THE MACKINTOSH MAN Paul Newman, Jason Mason 28 Sky Cinema ★★★
MANIAC Kerwin Mathews, Nadia Gray, Donald Houston 1, 20 Sky Cinema ★★★
THE MIDNIGHT MAN Burt Lancaster, Susan Clark, Cameron Mitchell 19 Sky Cinema ★★★
MISBEGOTTEN Kevin Dillon, Nick Mancuso, Lysette Anthony 14 Sky MovieMax TEXT ★★★
MURDER AT 75 BIRCH 6, 17 Sky MovieMax ★★★
THE MURDER MAN Spencer Tracy 15 TCM ★★★
MUTE WITNESS Marina Sudina 13 FilmFour ★★★★
MY COUSIN RACHEL 10 Carlton Cinema ★★★
NIGHT GAME 5, 28 Sky Cinema ★★★
NOTORIOUS Cary Grant 26 Carlton Cinema ★★★★★
ON THE NIGHT OF THE FIRE 6 Carlton Cinema ★★★
PALMETTO 7, 17 Sky Premier TEXT ★★★
PASSPORT TO SUEZ 23 Sky Cinema ★★★
THE PATRIOT 29 Sky MovieMax TEXT ★★★

TO PICK YOUR OWN MOVIE

A Chorus of Disapproval
0800 122 833

Hanover Street
0800 122 834

To choose which movie you want to see on July 13th at 9pm call the numbers above or

A PERFECT MURDER 26 Sky Premier TEXT ★★★
THE PERFECT TENANT 4 Sky MovieMax PREMIERE ★★★
THE PHANTOM THIEF J22 Sky Cinema ★★★
PLAYING GOD 18, 27 Sky Premier PREMIERE TEXT ★★★
POINT BLANK Lee Marvin 12 TCM ★★★★
REAR WINDOW 2 Sky Cinema TEXT ★★★★★
THE REPLACEMENT KILLERS r 30 Sky MovieMax TEXT ★★★★
RIVER'S EDGE Crispen Glover, Keanu Reeves 15 Sky MovieMax ★★★★
ROADGAMES Stacy Keach, Jamie Lee Curtis, Grant Page 6 Sky Cinema ★★★
RONIN Robert De Niro, Jean Reno, Natascha McElhone, Sean Bean, Jonathan Pryce 7, 24 Sky Premier ★★★★
ROPE James Stewart, John Dall, Farley Granger, Cedric Hardwicke 2 Sky Cinema ★★★★
SAVIOUR OF THE SOUL 11 FilmFour ★★★
SCISSORS Sharon Stone, Steve Railsback, Ronny Cox, Michele Phillips 4 Sky Premier ★★★
THE SET UP Robert Ryan, Audrey Totter, George Tobias 9 Sky Cinema ★★★
SHERLOCK HOLMES IN NEW YORK Roger Moore, John Huston 31 Sky Cinema ★★★
SIGNPOST TO MURDER 8 TCM ★★★
SNAKE EYES Nicolas Cage, Gary Sinise, John Heard 5, 19 Sky Premier TEXT ★★★★
SOMEONE TO WATCH OVER ME Tom Berenger, Mimi Rogers 23 Carlton Cinema ★★★
SPELLBOUND Gregory Peck 25 Carlton Cinema ★★★
STORM Luke Perry, Martin Sheen, Robert Knott 15 Sky MovieMax ★★★
THE STREET WITH NO NAME 27 Carlton Cinema ★★★
SUDDEN IMPACT Clint Eastwood, Sondra Locke, Pat Hingle, Bradford Dillman, Paul Drake 21 Sky Cinema ★★★
SUSPICION Cary Grant 12 FilmFour ★★★★
T-MEN 20, 25, 31 Sky Cinema ★★★
TIGHTROPE Clint Eastwood, Genevieve Bujold, Dan Hedaya 4 Sky Cinema ★★★
UNDERWORLD USA 24 Carlton Cinema ★★★
THE UNEXPECTED MRS POLLIFAX 2 Sky MovieMax ★★★
WHISPERS IN THE DARK A24 Sky MovieMax DS ★★★
WILD THINGS Matt Dillon Denise Richards, Neve Campbell 21 Sky MovieMax TEXT DS ★★★★
ZERO EFFECT 30 Sky Premier TEXT ★★★

SCIENCE FICTION/ FANTASY

ALIEN 3 8, 23 Sky Premier DS ★★★
ALIEN RESURRECTION 20 Sky Premier TEXT ★★★★
ARTHUR'S QUEST Arye Gross, Alexandra Paul 8, 18, 28 Sky Premier ★★★
BARB WIRE 16 FilmFour TEXT ★★
BENEATH THE PLANET OF THE APES Charlton Heston, James Franciscus, Kim Hunter 12 FilmFour WIDESCREEN ★★★
BLADE SQUAD Y1, 11 Sky MovieMax TEXT ★★
BRAINSTORM Christopher Walken 4 TCM ★★★
BRAVE NEW WORLD Bud Cort, Julie Corb, Kristoffer Tabori 26 Sky Cinema ★★
BRAZIL Jonathan Pryce, Robert De Niro, Bob Hoskins 2 FilmFour ★★★★
CITY BENEATH THE SEA 28 Sky Cinema ★★★
CLOSE ENCOUNTERS OF THE THIRD KIND – SPECIAL EDITION Charlton Dreyfuss, François Truffaut, Teri Garr 30 FilmFour ★★★★
CONAN THE DESTROYER Arnold Schwarzenegger 22 Sky MovieMax ★★★
CRITTERS 28 Sky MovieMax ★★★
CUBE Nicole de Boer, Nicky Guadagni, David Hewlett 13 Sky MovieMax TEXT ★★
CYBORG 30 Sky MovieMax ★★★
DAMNATION ALLEY Jan-Michael Vincent, George Peppard, Paul Winfield 20 Sky MovieMax ★★★
THE DAY THE EARTH STOOD STILL Michael Rennie, Patricia Neal, Hugh Marlowe 9, 29 FilmFour ★★★★
DEATH RACE 2000 25 FilmFour TEXT ★★★★
DEEP IMPACT Morgan Freeman, Robert Duvall, Téa Leoni, Elijah Wood 19 Sky Premier DS TEXT ★★★★
ENEMY MINE Dennis Quaid, Louis Gossett Jr 12 FilmFour TEXT ★★★
ESCAPE FROM THE PLANET OF THE APES Roddy McDowall, Kim Hunter, Bradford Dillman, Natalie Trundy 13 FilmFour TEXT WIDESCREEN ★★★
THE FACULTY Jordana Brewster, Clea DuVall 1-6 Front Row ★★★★
GATTACA Ethan Hawke, Uma Thurman, Jude Law 30 Sky Premier TEXT ★★★★
GODZILLA Matthew Broderick, Jean Reno, Maria Pitillo, Hank Azaria 3 Sky Premier TEXT ★★★
I MARRIED A MONSTER Richard Burgi, Susan Walters 20, 31 Sky MovieMax PREMIERE TEXT ★★
INVADERS FROM MARS 5 FilmFour ★★
JABBERWOCKY Michael Palin 1 FilmFour ★★★★
JOURNEY TO THE CENTRE OF THE EARTH James Mason, Pat Boone, Peter Ronson 9 FilmFour ★★★★
THE MATRIX Keanu Reeves, Laurence Fishburne, Hugo Weaving 17-23 Front Row ★★★★★
MILLENNIUM Kris Kristofferson, Cheryl Ladd, Daniel J Travanti 6 Sky Cinema ★★★
MIMIC Mira Sorvino, Jeremy Northam, Alexander Goodwin 29 Sky Premier TEXT ★★
MORTAL KOMBAT – ANNIHILATION Robin Shou, Talisa Soto, Brian Thompson 15 Sky MovieMax TEXT ★★★
MY FAVOURITE MARTIAN Jeff Daniels, Chrisopher Lloyd 1-2 Front Row ★★★
MYSTERY MONSTERS Ashley Cafagna, Tim Redwine 29 Sky MovieMax ★★
PLANET OF THE APES Charlton Heston, Roddy McDowall, Kim Hunter 11 FilmFour WIDESCREEN TEXT ★★★★
PREDATOR 2 Danny Glover, Gary Busey, Ruben Blades, Bill Paxton 8, 27 Sky MovieMax DS ★★★
QUINTET Paul Newman, Fernando Rey, Bibi Andersson 26 Carlton Cinema ★★★
SINBAD AND THE EYE OF THE TIGER Patrick Wayne, Jane Seymour 26 Sky Premier ★★★
SPECIES II Michael Madsen, Natasha Henstridge 9 Sky MovieMax DS ★★★
SPHERE Dustin Hoffman, Samuel L Jackson, Sharon Stone 14 Sky Premier TEXT ★★★★
STAR TREK: INSURRECTION Patrick Stewart, Jonathan Frakes 22 Sky Premier PREMIERE TEXT ★★★
STARMAN Jeff Bridges 27 Carlton Cinema ★★★
SUPERMAN Christopher Reeve, Margot Kidder, Marlon Brando, Gene Hackman 24 Sky Premier DS ★★★
THESE ARE THE DAMNED Macdonald Carey, Shirley Ann Field, Oliver Reed 2, 21 Sky Cinema ★★★
THX 1138 Robert Duvall, Donald Pleasance, Don Pedro Colley 21 Sky Cinema ★★★
TIME BANDITS John Cleese 6 FilmFour ★★★
TRON Jeff Bridges I9, 24 Disney TEXT ★★★
12 MONKEYS Bruce Willis, Madeline Stowe 6 FilmFour ★★★★
2001 – A SPACE ODYSSEY Keir Dullea, Gary Lockwood, Leonard Rossiter 15 TCM ★★★★★
UNIVERSAL SOLDIER III Matt Battaglia, Chandra West 3-16 Front Row ★★
VOYAGE TO THE BOTTOM OF THE SEA 2 FilmFour TEXT ★★★
THE X-FILES David Duchovny, Gillian Anderson 8, 31 Sky Premier TEXT ★★★
ZARDOZ Sean Connery, Charlotte Rampling 13, 24 Carlton Cinema ★★★

WESTERN

ALONG THE GREAT DIVIDE Kirk Douglas, Walter Brennan, Virginia Mayo 26 Sky Cinema ★★★
ANGEL AND THE BADMAN John Wayne, Gail Russell 7 Carlton Cinema ★★★
THE BALLAD OF CABLE HOGUE Jason Robards 11 Sky Cinema ★★
THE BEAUTIFUL BLONDE FROM BASHFUL BEND Betty Grable, Porter Hall, Rudy Vallee 29 FilmFour TEXT ★★★
THE BIG STAMPEDE John Wayne, Noah Beery, Paul Hurst 29 TCM ★★★
CAHILL – UNITED STATES MARSHAL John Wayne, George Kennedy 13 Sky Cinema TEXT ★★
CATLOW Yul Brynner, Richard Crenner 22 TCM ★★
CATTLE QUEEN OF MONTANA Ronald Reagan, Barbara Stanwyck, Gene Evans 1, 30 Sky Cinema ★★
CHISUM John Wayne, Forrest Tucker 29 Sky Cinema ★★
CIMARRON Glenn Ford, Maria Schell, Anne Baxter, Arthur O'Connell 29 TCM ★★
COLORADO TERRITORY Joel McCrea, Virginia Mayo, Dorothy Malone 22 TCM ★★
CUSTER OF THE WEST Robert Shaw, Robert Ryan, Ty Hardin, Lawrence Tierney, Mary Ure 24 Carlton Cinema ★★★
DAKOTA INCIDENT Dale Robertson, Linda Darnell 2 Carlton Cinema ★★
DAY OF THE EVIL GUN Glenn Ford, Arthur Kennedy, Dean Jagger 24 TCM ★★★
DEATH RIDES A HORSE Lee Van Cleef, John Phillip Law, Luigi Pistilli, Anthony Dawson 31 Carlton Cinema ★★★★
DESTRY RIDES AGAIN James Stewart, Marlene Dietrich 2 Sky Cinema ★★★
DOC Stacy Keach, Faye Dunaway, Harris Yulin, Denver John Collins 17 Carlton Cinema ★★★
EAGLE'S WING Anthony Harvey, Martin Sheen, Sam Waterston, Harvey Keitel 26 Carlton Cinema ★★★
EVERYTHING THAT RISES Dennis Quaid, Mare Winningham, Meat Loaf 10, 20 Sky Movies Premier PREMIERE ★★★
F40 GUNS TO APACHE PASS Audie Murphy, Michael Burns, Kenneth Tobey 12 Sky Cinema ★★
FROM HELL TO TEXAS Don Murray, Diane Varsi 13 Sky Cinema ★★
GUNS FOR SAN SEBASTIAN Anthony Quinn, Anajanette Comer, Charles Bronson 25 TCM ★★★
HEARTS OF THE WEST Jeff Bridges, Andy Griffith 24 TCM ★★★
HOW THE WEST WAS WON Carroll Baker, Lee J Cobb, Henry Fonda 26 TCM ★★★
JOHNNY GUITAR Joan Crawford, Sterling Hayden, Mercedes McCambridge 23 Sky Cinema ★★
THE LAST WAGON Richard Widmark, Felicity Farr 17 Carlton Cinema ★★
THE LEFT-HANDED GUN Paul Newman Lita Milan, John Dehner 28 TCM ★★★
THE LONE STAR Clark Cable, Ava Gardner 28 TCM ★★★
THE MAN WHO SHOT LIBERTY VALANCE James Stewart, John Wayne 2 Sky Cinema ★★★
THE OKLAHOMA KID James Cagney, Humphrey Bogart 23 TCM ★★★
THE OUTLAW JOSEY WALES Clint Eastwood 30 Sky Cinema ★★★★
THE PLAINSMAN Don Murray, Guy Stockwell 9 Carlton Cinema ★★
THE PROUD ONES Robert Ryan, Virginia Mayo, Jeffrey Hunter 26 Sky Cinema ★★
PURGATORY 3, 14, 26 Sky MovieMax PREMIERE TEXT DS ★★★★
RAWHIDE 18 Sky Cinema ★★★
RETURN OF THE GUNFIGHTER Robert Taylor, Ana Martin 27 TCM ★★
RIDE HIM COWBOY John Wayne, Ruth Hall 26 TCM ★★
RIDE THE HIGH COUNTRY y 25 TCM ★★★
RIDE THE MAN DOWN Rod Cameron, Ella Raines 18 Carlton Cinema ★★★
RIO CONCHOS Richard Boone, Stuart Whitman 10 Carlton Cinema ★★
RIO GRANDE John Wayne, Maureen O'Hara, Ben Johnson 14 Carlton Cinema ★★★
SAN FRANCISCO STORY Joel McCrea 20 Carlton Cinema ★★★
THE SEARCHERS John Wayne, Natalie Wood, Vera Miles, 31 Sky Cinema ★★★
STAGECOACH Ann Margret Red Buttons, Mike Connors 11 Carlton Cinema ★★
SUSANNA PASS 8 Carlton Cinema ★★★
THERE WAS A CROOKED MAN Kirk Douglas, Henry Fonda 5 Sky Cinema ★★★★
THREE GODFATHERS Chester Morris, Lewis Stone, Walter Brennan 27 TCM ★★
WILD ROVERS William Holden, Ryan O'Neal, Karl Malden 23 TCM ★★

PICK CARLTON CINEMA

Young Guns II
0800 122 835

CARLTON CINEMA

visit our website at www.carlton.com. Fantastic movies available on cable 7 days a week

SPORTS

ATHLETICS

IAAF GRAND PRIX
3 7.00PM ESP
The Zagreb International Athletic Meeting.
IAAF GRAND PRIX
LIVE 5 7.00PM ESP
Action from the Grand Prix meeting in Lausanne, Switzerland.
IAAF GRAND PRIX
8 8.30PM ESP
Action from the Grand Prix meeting in Nice.
AFRICAN ATHLETICS CHAMPIONSHIPS
12 8.00PM ESP
Coverage of the African Athletics Championships in Algiers.
AFRICAN ATHLETICS CHAMPIONSHIPS
13 8.00PM ESP
AFRICAN ATHLETICS CHAMPIONSHIPS
14 8.00PM ESP
US OLYMPIC TRIALS
15 8.30AM ESP
Action from Sacramento, California, featuring some of the world's finest athletes.
EUROPEAN CUP SUPER LEAGUE
15 6.00PM ESP
Coverage from Gateshead.
US OLYMPIC TRIALS
15 8.00PM ESP
EUROPEAN CUP SUPER LEAGUE
16 6.00PM ESP
US OLYMPIC TRIALS
16 8.00PM ESP
US OLYMPIC TRIALS
17 1.45PM ESP
US OLYMPIC TRIALS
17 8.00PM ESP
US OLYMPIC TRIALS
18 7.30AM ESP
OUTDOOR INVITATIONAL
20 8.00PM ESP
Action from the meeting at Cuxhaven, Germany.
US OLYMPIC TRIALS
21 8.30AM ESP
US OLYMPIC TRIALS
22 9.00AM ESP
OUTDOOR INVITATIONAL
LIVE 22 7.00PM ESP
Coverage from Chemnitz, Germany.
US OLYMPIC TRIALS
22 8.30PM ESP
US OLYMPIC TRIALS
24 2.00PM ESP
US OLYMPIC TRIALS
24 8.00PM ESP

AUSTRALIAN RULES FOOTBALL

AUSTRALIAN RULES FOOTBALL
1 1.00PM SK3
More action from the Australian Football League, as 16 teams compete in the Premiership season.
AUSTRALIAN RULES FOOTBALL
1 3.30AM SK2
AUSTRALIAN RULES FOOTBALL
2 5.30PM SK2
AUSTRALIAN RULES FOOTBALL
8 6.30PM SK3
AUSTRALIAN RULES FOOTBALL
9 12NOON SK2
AUSTRALIAN RULES FOOTBALL
10 4.00PM SK3
AUSTRALIAN RULES FOOTBALL
15 1.00PM SK3
AUSTRALIAN RULES FOOTBALL
15 3.30AM SK2
AUSTRALIAN RULES FOOTBALL
17 4.00PM SK3
AUSTRALIAN RULES FOOTBALL
22 12.30PM SK3
AUSTRALIAN RULES FOOTBALL
22 7.00PM SK3
AUSTRALIAN RULES FOOTBALL
24 10.00AM SK2
AUSTRALIAN RULES FOOTBALL
30 12NOON SK2
AUSTRALIAN RULES FOOTBALL
30 9.15PM SK3

BOWLS

INTERNATIONAL BOWLS: AUSTRALIAN FIVE-A-SIDE – DOUBLES SEMI-FINAL
3 8.00PM SK3
Coverage of the second semi-final.
INTERNATIONAL BOWLS: AUSTRALIAN FIVE-A-SIDE – DOUBLES SEMI-FINAL
3 1.00AM SK2
INTERNATIONAL BOWLS: AUSTRALIAN FIVE-A-SIDE – DOUBLES SEMI-FINAL
4 11.00AM SK2
INTERNATIONAL BOWLS: AUSTRALIAN FIVE-A-SIDE – DOUBLES SEMI-FINAL
4 3.00PM SK1
INTERNATIONAL BOWLS: AUSTRALIAN FIVE-A-SIDE – DOUBLES FINAL
10 8.00PM SK3
INTERNATIONAL BOWLS: AUSTRALIAN FIVE-A-SIDE – DOUBLES FINAL
10 2.30AM SK2
INTERNATIONAL BOWLS: AUSTRALIAN FIVE-A-SIDE – DOUBLES FINAL
12 3.30PM SK3
INTERNATIONAL BOWLS: AUSTRALIA V SCOTLAND – SINGLES
17 6.00PM SK3
International action.
INTERNATIONAL BOWLS: AUSTRALIA V SCOTLAND – SINGLES
17 2.30AM SK2
INTERNATIONAL BOWLS: AUSTRALIA V SCOTLAND – SINGLES
18 11.00AM SK2
INTERNATIONAL BOWLS: AUSTRALIA V SCOTLAND – SINGLES
19 1.00PM SK1
INTERNATIONAL BOWLS: AUSTRALIA V SCOTLAND – DOUBLES
23 8.00PM SK3
INTERNATIONAL BOWLS: AUSTRALIA V SCOTLAND – DOUBLES
24 1.30AM SK2
INTERNATIONAL BOWLS: AUSTRALIA V SCOTLAND – TRIPLES
31 3.00PM SK2
INTERNATIONAL BOWLS: AUSTRALIA V SCOTLAND – TRIPLES
31 8.00PM SK3
INTERNATIONAL BOWLS: AUSTRALIA V SCOTLAND – TRIPLES
31 2.30AM SK2

BOXING

BIG FIGHT SPECIAL
1 12NOON SK2
INTERNATIONAL CONTEST
1 9.00PM ESP
FIGHT NIGHT: MICHAEL BRODIE V MUSTAFE HAME
LIVE 1 9.00PM SK1
FIGHT NIGHT: MICHAEL BRODIE V MUSTAFE HAME
2 12.30PM SK3
INTERNATIONAL CONTEST
6 8.00PM ESP
INTERNATIONAL CONTEST
7 8.00PM ESP
FIGHT NIGHT: MICHAEL GOMEZ V CARL GREAVES
LIVE 8 8.00PM SK1
FIGHT NIGHT: MICHAEL GOMEZ V CARL GREAVES
9 8.30AM SK1
INTERNATIONAL CONTEST
11 8.00PM ESP
RINGSIDE SPECIAL
LIVE 17 8.30PM SK1
RINGSIDE SPECIAL
17 2.30AM SK1
RINGSIDE SPECIAL
18 12NOON SK1
INTERNATIONAL CONTEST
18 7.00PM ESP
INTERNATIONAL CONTEST
19 8.00PM ESP
BIG FIGHT SPECIAL
22 8.30PM SK1
Big-fight action.
BIG FIGHT SPECIAL
22 3.00AM SK2
BIG FIGHT SPECIAL
23 8.30AM SK1
RINGSIDE SPECIAL
LIVE 25 8.00PM SK1
More boxing action from a first class contest.
RINGSIDE SPECIAL
26 1.00PM SK1

CRICKET

TEST CRICKET: ENGLAND V WEST INDIES – SECOND TEST
1 11.30PM SK1
England's latest Test continues at Lord's.
TEST CRICKET: ENGLAND V WEST INDIES – SECOND TEST
2 7.00AM SK1
TEST CRICKET: ENGLAND V WEST INDIES – SECOND TEST
2 8.30PM SK1
TEST CRICKET: ENGLAND V WEST INDIES – SECOND TEST
2 2.30AM SK1
TEST CRICKET: ENGLAND V WEST INDIES – SECOND TEST
3 8.30PM SK1
The second Test reaches its conclusion.
NATWEST TROPHY: FOURTH ROUND
5 8.30PM SK1
Highlights of the action.
NATWEST TROPHY: FOURTH ROUND
5 12.30AM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – WEST INDIES V ZIMBABWE
LIVE 6 2.00PM SK1
NatWest Series action from Bristol, featuring the first one-day international.
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – WEST INDIES V ZIMBABWE
LIVE 6 6.30PM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V ZIMBABWE
LIVE 8 10.30AM SK1
England's first match pits them against Zimbabwe at the Foster's Oval.
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V ZIMBABWE
LIVE 8 2.45PM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V ZIMBABWE
8 12MIDN'T SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
LIVE 9 10.30AM SK1
Action from Lord's.
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
LIVE 9 2.45PM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
9 9.15PM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – WEST INDIES V ZIMBABWE
LIVE 11 10.30AM SK1
Action from Canterbury, as the two sides' bowlers aim to outdo the opposition.
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – WEST INDIES V ZIMBABWE
LIVE 11 2.45PM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V ZIMBABWE
LIVE 13 2.00PM SK1
England's third match in the one-day international tournament takes them to Old Trafford.
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V ZIMBABWE
LIVE 13 6.30PM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
LIVE 15 10.30AM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
LIVE 15 2.45PM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
15 9.00PM SK3
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
15 1.30AM SK1

SKY BOX OFFICE EVENT

Lennox Lewis shows Michael Grant no mercy as he powers to victory in their fight at Madison Square Garden in New York City in April

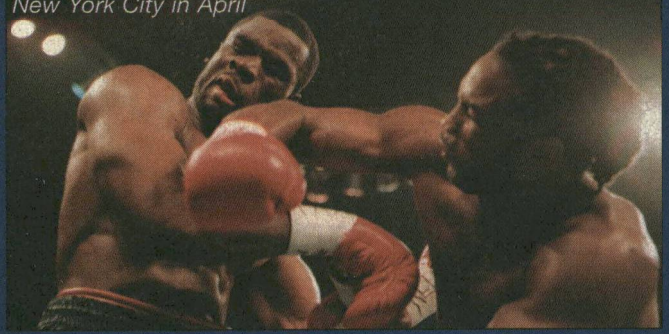


PHOTO: BSKYB

LENNOX LEWIS V FRANS BOTHA LIVE AT THE LONDON ARENA

SATURDAY 15TH JULY 8.00PM-1.00AM (APPROX.)

Lennox Lewis defends his IBO, IBF and WBC world heavyweight titles against Frans Botha of South Africa. Botha – now resident in Las Vegas, Nevada – is the WBA North American heavyweight champion and the former IBF heavyweight champion. Nicknamed the 'White Buffalo', Botha has lots of heart and is durable but faces a tough fight against Lewis. The fight is scheduled to start at 11.00pm. Also on the bill is the IBF featherweight title fight between Britain's Paul Ingle and the South African Mbulelo Botile.

For more details and how to order please call 0500 60 10 55.

DIARY

KEY TO CHANNEL CODES
ESP: Eurosport
SK1: Sky Sports 1
SK2: Sky Sports 2
SK3: Sky Sports 3

INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
16 6.00AM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – WEST INDIES V ZIMBABWE
LIVE 16 10.30AM SK1
The NatWest Series triangular one-day international tournament continues.
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – WEST INDIES V ZIMBABWE
16 9.00PM SK3
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – WEST INDIES V ZIMBABWE
16 1.45AM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V ZIMBABWE
LIVE 18 2.00PM SK1
England face Zimbabwe in a floodlit match in Birmingham.
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V ZIMBABWE
LIVE 18 6.30PM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
LIVE 20 10.30AM SK1
Coverage from Trent Bridge in Nottingham.
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
LIVE 20 2.45PM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
20 8.30PM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – ENGLAND V WEST INDIES
20 12.30AM SK1
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – FINAL
LIVE 22 10.30AM SK1
Lord's hosts the one-day international final.
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – FINAL
LIVE 22 9.00PM SK3
INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – FINAL
22 1.00AM SK2

INTERNATIONAL CRICKET: TRIANGULAR ONE-DAY INTERNATIONAL – FINAL
23 6.30AM SK1
NATWEST TROPHY: QUARTER-FINAL
LIVE 25 10.30AM SK1
Domestic cricket's foremost one-day competition has just eight teams left out of the original 60 entrants battling for a place in the August final at Lord's.
NATWEST TROPHY: QUARTER-FINAL
LIVE 25 2.45PM SK1
NATWEST TROPHY: QUARTER-FINAL
25 10.15PM SK1
NATWEST TROPHY: QUARTER-FINAL
26 10.45PM SK1
INTERNATIONAL CRICKET: UNDER-19 ONE-DAY INTERNATIONAL – ENGLAND V SRI LANKA
LIVE 28 10.30AM SK3
Cardiff is the venue as England's young hopefuls take on their Sri Lankan counterparts.
INTERNATIONAL CRICKET: UNDER-19 ONE-DAY INTERNATIONAL – ENGLAND V SRI LANKA
LIVE 28 2.45PM SK3
NATIONAL CRICKET LEAGUE: HAMPSHIRE V ESSEX
LIVE 30 1.00PM SK1
Action from the Norwich Union National Cricket League Division Two as Hampshire Hawks take on Essex Eagles at Southampton.
NATIONAL CRICKET LEAGUE: HAMPSHIRE V ESSEX
LIVE 30 4.15PM SK1
NATIONAL CRICKET LEAGUE: HAMPSHIRE V ESSEX
LIVE 30 5.00PM SK2
UNDER-19 ONE-DAY INTERNATIONAL – ENGLAND V SRI LANKA
LIVE 31 2.30PM SK1
Action from Hove. England's young stars are out for revenge against the visitors after they were beaten by Under-19 World Cup hosts Sri Lanka, before crashing out of the tournament in January.
UNDER-19 ONE-DAY INTERNATIONAL – ENGLAND V SRI LANKA
LIVE 31 6.30PM SK1

CYCLING

TOUR DE FRANCE
LIVE 1 4.30PM ESP
The world's leading cycle race starts with a time trial at Futuroscope in Poitiers. Last year's champion, Lance Armstrong, hit the headlines – not least because he was making a comeback after suffering from cancer. However, his rivals are unlikely to let sentiment limit their efforts to take the yellow jersey.

TOUR DE FRANCE
LIVE 2 2.30PM ESP
The race hits the road with a stage between Futuroscope and Loudun.
TOUR DE FRANCE
LIVE 3 2.30PM ESP
Third stage action from Loudun to Nantes.
TOUR DE FRANCE
LIVE 4 2.30PM ESP
Coverage of the team time-trial.
TOUR DE FRANCE
LIVE 5 2.30PM ESP
Fifth stage action from Vannes to Vitré.
TOUR DE FRANCE
LIVE 6 2.30PM ESP
The race continues between Vitré and Tours.
TOUR DE FRANCE
LIVE 7 3.15PM ESP
Coverage of the seventh stage: Tours-Limoges.
TOUR DE FRANCE
LIVE 8 3.15PM ESP
Eighth stage action.
TOUR DE FRANCE
LIVE 9 3.00PM ESP
The race travels from Agen to Dax.
TOUR DE FRANCE
LIVE 10 9.30AM ESP
The tenth stage from Dax to Lourdes enters the moutains where the race can be won or lost.
TOUR DE FRANCE
LIVE 11 2.30PM ESP
Stage 11 action.
TOUR DE FRANCE
LIVE 13 11.30AM ESP
Coverage of the 12th stage which finishes with a climb of Mont Ventoux.
TOUR DE FRANCE
LIVE 14 2.30PM ESP
Action from the 13th stage from Avignon to Draguignan.
TOUR DE FRANCE
LIVE 15 12NOON ESP
More mountain racing on the fourteenth stage from Draguignan to Briançon.
TOUR DE FRANCE
LIVE 15 3.30PM ESP
TOUR DE FRANCE
LIVE 16 11.30AM ESP
TOUR DE FRANCE
LIVE 18 10.00AM ESP
Coverage of stage 16.
TOUR DE FRANCE
LIVE 19 1.00PM ESP
Action from the stage between Evian-les-Bains and Lausanne.
TOUR DE FRANCE
LIVE 20 2.30PM ESP
The race travels into Germany with a finish at Freiburg Im Breisgau.
TOUR DE FRANCE
LIVE 21 2.30PM ESP
Action from the individual time-trial which is likely to determine this year's champion.
TOUR DE FRANCE
LIVE 22 3.30PM ESP
TOUR DE FRANCE
LIVE 23 2.00PM ESP
Action from the final stage with a traditional finish on the Champs-Elysées in Paris.

DARTS

WORLD MATCHPLAY
LIVE 24 1.00PM SK2
The World Matchplay Championships starts in Blackpool's Winter Gardens. Rod Harrington is the defending champion.

WORLD MATCHPLAY
LIVE 24 7.00PM SK2
WORLD MATCHPLAY
LIVE 25 1.00PM SK2
WORLD MATCHPLAY
LIVE 25 7.00PM SK2
WORLD MATCHPLAY
LIVE 26 1.00PM SK2
WORLD MATCHPLAY
LIVE 26 7.00PM SK2
WORLD MATCHPLAY
LIVE 27 1.00PM SK2
WORLD MATCHPLAY
LIVE 27 7.00PM SK2
WORLD MATCHPLAY
LIVE 28 7.00PM SK2
AMERICAN DARTS: GERMAN OPEN
28 10.15PM ESP
Action from Dortmund.
WORLD MATCHPLAY
LIVE 29 7.00PM SK2
Coverage of the final from Blackpool.

EQUESTRIANISM

WORLD CUP SHOWJUMPING
4 10.30PM SK2
Top riders compete against the clock at state-of-the-art showjumping arenas.
WORLD CUP SHOWJUMPING
4 1.00AM SK1
WORLD CUP SHOWJUMPING
5 1.00PM SK2
WORLD CUP SHOWJUMPING: LA MEMORIAL CLASSIC
11 10.00PM SK2
WORLD CUP SHOWJUMPING: LA MEMORIAL CLASSIC
11 4.00AM SK1
SAMSUNG NATIONS CUP
12 12NOON ESP
The latest international team showjumping from Falsterbo, Sweden and Lummen, Belgium.
WORLD CUP SHOWJUMPING: LA MEMORIAL CLASSIC
12 12NOON SK2
SAMSUNG NATIONS CUP
14 5.00PM ESP
Action from Aachen.
ARMATHWAITE HALL HORSE TRIALS
14 5.30PM SK3
Coverage of a new international class event.
ARMATHWAITE HALL HORSE TRIALS
14 11.00PM SK3
ARMATHWAITE HALL HORSE TRIALS
15 7.30AM SK2
WORLD CUP SHOWJUMPING: OAK CLASSICS
18 10.00PM SK2
WORLD CUP SHOWJUMPING: OAK CLASSICS
18 2.00AM SK1
WORLD CUP SHOWJUMPING
19 12NOON SK2
SHOWJUMPING: THE HORSE SHOW
LIVE 21 3.00PM SK2
Equestrian action from the Essex County Showground.
SHOWJUMPING: THE HORSE SHOW
21 11.00PM SK2
SHOWJUMPING: THE HORSE SHOW
LIVE 22 3.00PM SK2
SHOWJUMPING
22 11.00PM SK2

SHOWJUMPING: THE HORSE SHOW
LIVE 23 2.00PM SK2
SAMSUNG NATIONS CUP
LIVE 28 4.30PM ESP
Action from Hickstead.

FOOTBALL

EURO 2000
2 10.15PM ESP
Coverage of the final, held at the De Kuip Stadium in Rotterdam. Last time at Wembley the Germans stunned the Czechs with a golden goal in extra time. Find out who wins this year's tournament.
SCHOOLBOY INTERNATIONAL FOOTBALL: ENGLAND V THAILAND
LIVE 11 7.00PM SK1
A chance to see some of the stars of the future take on the Thais.
SCHOOLBOY INTERNATIONAL FOOTBALL: ENGLAND V THAILAND
12 12.30PM SK1
SCHOOLBOY INTERNATIONAL FOOTBALL
LIVE 13 7.00PM SK2
SCHOOLBOY INTERNATIONAL: THAILAND V BRAZIL
13 12.30AM SK1
SCHOOLBOY INTERNATIONAL: THAILAND V BRAZIL
14 10.00AM SK1
SCHOOLBOY INTERNATIONAL: THAILAND V BRAZIL
14 1.30PM SK1
SCHOOLBOY INTERNATIONAL
LIVE 16 2.00PM SK2
SCHOOLBOY INTERNATIONAL: ENGLAND V BRAZIL
16 9.15PM SK1
SCHOOLBOY INTERNATIONAL: ENGLAND V BRAZIL
16 3.00AM SK2
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 17 10.00AM ESP
Coverage of a group match. This year's championships are held in Germany and feature eight sides. If they beat Ukraine in a play-off, Northern Ireland may be among them.
SCHOOLBOY INTERNATIONAL: ENGLAND V BRAZIL
17 1.00PM SK1
EUROPEAN UNDER-18 CHAMPIONSHIP
17 5.00PM ESP
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 19 10.00AM ESP
EUROPEAN UNDER-18 CHAMPIONSHIP
19 5.00PM ESP
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 21 10.00AM ESP
EUROPEAN UNDER-18 CHAMPIONSHIP
21 5.00PM ESP
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 23 5.00PM ESP
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 24 10.00AM ESP
Coverage from the final in Nürnberg.

FRIENDLY MATCH
LIVE 25 7.00PM ESP
UEFA CHAMPIONS' LEAGUE
LIVE 26 7.30PM ESP
Action from the first leg of the the second qualifying round.
FRIENDLY MATCH
LIVE 29 6.00PM ESP
FORD SCOTTISH FOOTBALL
LIVE 30 5.00PM SK1
The season gears up to start north of the border.
FRIENDLY MATCH
LIVE 30 6.00PM ESP
FORD SCOTTISH FOOTBALL
30 11.00PM SK1
FORD SCOTTISH FOOTBALL
31 8.00AM SK2
FORD SCOTTISH FOOTBALL
31 1.00PM SK1

GOLF

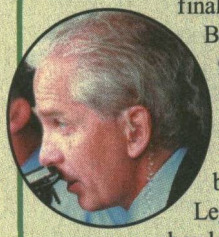
FORD GOLF USA: US SENIORS OPEN AND GREATER HARTFORD OPEN
1 10.00AM SK3
A double bill of golf, featuring the heroes of yesteryear and the stars of today's PGA Tour.
EURO TOUR GOLF: MURPHY'S IRISH OPEN
LIVE 1 3.00PM SK1
Third day action from Ballybunion Golf Course in County Kerry. Last year's winner was Sergio Garcia.
FORD GOLF USA: US SENIORS OPEN
LIVE 1 8.00PM SK2
FORD GOLF USA: CANON GREATER HARTFORD OPEN
1 11.00PM SK2
Coverage from the TPC at River Highlands in Cromwell.
EURO TOUR GOLF: MURPHY'S IRISH OPEN
1 1.00AM SK2
EURO TOUR GOLF: MURPHY'S IRISH OPEN
2 8.30AM SK1
FORD GOLF USA: US SENIORS OPEN
LIVE 2 8.00PM SK2
FORD GOLF USA: CANON GREATER HARTFORD OPEN
2 11.00PM SK2
EURO TOUR GOLF: MURPHY'S IRISH OPEN
2 1.00AM SK2
EURO TOUR GOLF: MURPHY'S IRISH OPEN
3 11.30AM SK2
FORD GOLF USA: US SENIORS OPEN AND GREATER HARTFORD OPEN
3 1.30PM SK1
LADIES' EURO TOUR GOLF: FRENCH OPEN
4 7.00PM SK3
Action from the Arras Golf Club at Anzin St Aubin. Last year's champion was Trish Johnson.
LPGA GOLF: SHOPRITE LPGA CLASSIC
4 8.00PM SK3
The Marriott Seaview Resort in Atlantic City is the venue.

LORD'S AND *MASTERS*

Home advantage will be the key factor for England in the NatWest Series triangular tournament, as three cricket legends tell **Neil Martin**

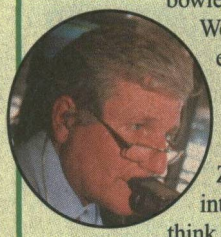
ENGLAND and the West Indies will qualify for the final of the NatWest Series – a triangular tournament of one-day internationals – according to three former greats of the game.

Zimbabwe will also feature in the competition which runs from July 6 until the final at Lord's on July 22.



But Sky Sports' David Gower, Bob Willis and Michael Holding all believe there will be no major shocks for the two big guns.

Legendary West Indian fast bowler Holding insists: 'The West Indies have an excellent chance in this one-day tournament and I expect us to reach the final. I don't think Zimbabwe will make it into the final. I just don't think they are good enough.'



Former England captain Gower agrees that the West Indies will make it to the final, but sticks his neck out by predicting England as the ultimate victors.

'If I had to pick a winner I would say England. They are going in the right direction, their confidence is improving and their ability to compete at the top level is improving.

'I think they will get to the final – they would need shooting if they didn't – where they are likely to play the West Indies.

'Zimbabwe are not complete mugs, and they had a good World Cup. But they will have been away from home for a long time by the time the one-day series is played, and that could affect them.'

Former England paceman Willis echoes their sentiments:

'Although I don't think Zimbabwe will make it to the final, they won't go through the series without winning a game.

'I don't see any of the three teams winning all their games. You only have to have a bad half-hour and that can decide the game. But I would fancy England to get to the final on home soil, and also the West Indies.'

To get to the final the three teams plays each other twice, and if the West Indies are to go all the way, Holding believes they must quickly adapt to the English conditions.

Brian Lara

'The key for the West Indies could be whether the guys who have never played in England can adapt to the conditions quickly enough,' he explains. 'Compared to back home, the ball will seam and swing a bit more, and that makes it more difficult for the batsmen.

'One-day cricket certainly suits our style of play, but we have a lot of players not used to these kind of matches.'

Stars on show are likely to include Alec Stewart and Darren Gough from England, Heath Streak and Henry Olonga of Zimbabwe and West Indies stars Brian Lara and Curtley Ambrose.

Lara remains the biggest draw for the fans, who breathed a huge sigh of relief when the brilliant batsman agreed to tour England after contractual wrangling.

'It's very important that the West Indies have secured the services of Brian Lara, otherwise their batting line up would look very brittle,' insists Willis.

Gower agrees that Lara's inclusion is vital if the West Indies are to do well, but only if he is in the right frame of mind. 'Brian Lara will be fascinating to watch. If he comes and wants to play then he is a very dangerous man with huge talent, but if he is here and his mind is elsewhere then it could affect the West Indies in the wrong way.'

Holding is predicting big things of players like Reon King, Franklyn Rose and Wavell Hinds. King has taken more than 60 wickets in one-day games before his 25th birthday, while Hinds smashed an unbeaten 116 against the Zimbabweans back in April.

'King is a player who has come on very well recently. He has good pace and good control, and he's been bowling very effectively,' says Holding.

'Rose has the experience of playing in English conditions, but it won't affect the bowlers as much as the batsmen, and they shouldn't have serious problems in adapting,' he adds.

'On the batting side, Hinds scored a century against Pakistan in a recent match and looks a very good prospect.'

Whoever shines with bat and ball during the series, Willis insists that the action must retake the spotlight from the scandals that have engulfed cricket for months. 'It is vitally important that the cricket out on the pitch takes the headlines again. I hope the press and media focuses on the cricket as opposed to the match-fixing allegations, because the future of our national sport is at stake,' he warns.

Nasser Hussain

ALL THE NATWEST SERIES MATCHES ARE LIVE ON SKY SPORTS 1

West Indies v Zimbabwe - Thursday 6th July 2.00pm
England v Zimbabwe - Saturday 8th 10.30am, 2.45pm
England v West Indies - Sunday 9th 10.30am, 2.45pm
West Indies v Zimbabwe - Tuesday 11th 10.30am, 2.45pm
England v Zimbabwe - Thursday 13th 2.00pm, 6.30pm
England v West Indies - Saturday 15th 10.30am, 2.45pm
West Indies v Zimbabwe - Sunday 16th 10.30am, 2.45pm
England v Zimbabwe - Tuesday 18th 2.00pm, 6.30pm
England v West Indies - Thursday 20th 10.30am, 2.45pm
NatWest Series Final - Saturday 22nd 10.30am, 2.45pm

PHOTOS: BSKYB

US PGA TOUR: CANON GREATER HARTFORD OPEN
4 11.00PM ESP
LADIES' EURO TOUR GOLF: FRENCH OPEN
4 12MIDN'T SK1
LPGA GOLF: SHOPRITE LPGA CLASSIC
4 1.00AM SK2
LADIES' EURO TOUR GOLF: FRENCH OPEN
4 3.30AM SK2
LADIES' EURO TOUR GOLF: FRENCH OPEN
5 10.00AM SK2
LPGA GOLF: SHOPRITE LPGA CLASSIC
5 11.00AM SK2
LPGA GOLF: SHOPRITE LPGA CLASSIC
5 1.30PM SK1
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
LIVE 6 10.30AM SK1
Action from the opening day at the Kildare Hotel and Country Club in Dublin. Lee Westwood is the current champion.
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
LIVE 6 3.00PM SK3
FORD GOLF USA: ADVIL WESTERN OPEN
LIVE 6 9.00PM SK3
Coverage from the Cog Hill Golf & Country Club in Lemont, Illinois.
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
6 11.00PM SK2
FORD GOLF USA: ADVIL WESTERN OPEN
6 1.30AM SK2
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
LIVE 7 10.30AM SK1
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
LIVE 7 3.00PM SK1
FORD GOLF USA: ADVIL WESTERN OPEN
LIVE 7 9.00PM SK3
FORD GOLF USA: ADVIL WESTERN OPEN
7 1.30AM SK2
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
LIVE 8 2.00PM SK3
FORD GOLF USA: ADVIL WESTERN OPEN
LIVE 8 8.30PM SK3
EUROPEAN TOUR: EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
8 11.00PM SK2
FORD GOLF USA: ADVIL WESTERN OPEN
8 1.30AM SK2
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
9 6.00AM SK1
FORD GOLF USA: ADVIL WESTERN OPEN
9 11.00AM SK3
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
LIVE 9 1.00PM SK3
FORD GOLF USA: ADVIL WESTERN OPEN
LIVE 9 8.00PM SK3
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
9 11.00PM SK2
FORD GOLF USA: ADVIL WESTERN OPEN
9 1.30AM SK2
EUROPEAN SKILLS CHALLENGE
10 3.00PM SK1
Action from Wentworth in a test of eight different golfing shots.
EUROPEAN SKILLS CHALLENGE
10 8.30PM SK1
EUROPEAN SKILLS CHALLENGE
10 12.30AM SK1
EUROPEAN SKILLS CHALLENGE
11 1.00PM SK2
LADIES' EURO TOUR GOLF: GERMAN OPEN
11 7.00PM SK2
Coverage from the Marriot Hotel Treudelberg Golf & Country Club in Hamburg.
MASTERCARD BRITISH PROFESSIONAL TOUR: WHITEKIRK TOURNAMENT
11 8.00PM SK2
The ultimate showcase for the nation's golf hopefuls reaches East Lothian for its latest leg.
FOREST PINES CLASSIC
11 9.00PM SK2
Midland PGA action from Lincolnshire's Forest Pines Resort.
LADIES' EURO TOUR GOLF: GERMAN OPEN
11 10.45PM SK1
LADIES' EUROPEAN TOUR: EVIAN MASTERS
11 11.00PM ESP
FOREST PINES CLASSIC
11 12.30AM SK2
MASTERCARD BRITISH PROFESSIONAL TOUR: WHITEKIRK TOURNAMENT
11 2.00AM SK1
LADIES' EURO TOUR GOLF: GERMAN OPEN
11 3.00AM SK1
FOREST PINES CLASSIC
12 10.00AM SK1
MASTERCARD BRITISH PROFESSIONAL TOUR: WHITEKIRK TOURNAMENT
12 11.00AM SK1
LADIES' EURO TOUR GOLF: GERMAN OPEN
12 1.30PM SK2
MASTERCARD BRITISH PROFESSIONAL TOUR: WHITEKIRK TOURNAMENT
12 2.30PM SK2
FORD GOLF USA: FORD SENIOR PLAYERS' CHAMPIONSHIP
LIVE 13 7.00PM SK3
The Tournament Players Club of Michigan in Dearborn plays host.
FORD GOLF USA: GREATER MILWAUKEE OPEN
LIVE 13 9.00PM SK2
FORD GOLF USA: GREATER MILWAUKEE OPEN
13 2.30AM SK2
FORD GOLF USA: FORD SENIOR PLAYERS' CHAMPIONSHIP
LIVE 14 7.00PM SK2
FORD GOLF USA: GREATER MILWAUKEE OPEN
LIVE 14 9.00PM SK2
FORD GOLF USA: GREATER MILWAUKEE OPEN
14 3.00AM SK2
FORD GOLF USA: GREATER MILWAUKEE OPEN
LIVE 15 7.00PM SK2
FORD GOLF USA: FORD SENIOR PLAYERS' CHAMPIONSHIP
LIVE 15 9.00PM SK2
FORD GOLF USA: GREATER MILWAUKEE OPEN
16 12NOON SK2
FORD GOLF USA: FORD SENIOR PLAYERS' CHAMPIONSHIP
LIVE 16 9.00PM SK2
FORD GOLF USA: FORD SENIOR PLAYERS' CHAMPIONSHIP
17 8.00AM SK2
EUROPEAN SKILLS CHALLENGE
17 3.00PM SK1
EUROPEAN SKILLS CHALLENGE
17 7.00PM SK2
EUROPEAN SKILLS CHALLENGE
17 12.30AM SK1
EUROPEAN SKILLS CHALLENGE
18 10.00AM SK1
LADIES' EURO TOUR GOLF: AUSTRIAN OPEN
18 7.00PM SK2
Coverage from the Steirmärkischer Golf Course in Murhof Frohnleiten, where Marina Arruti returns to defend her title.
LPGA GOLF: JAL BIG APPLE CLASSIC
18 8.00PM SK2
Action from Wykagyl Country Club in New Rochelle, New York.
LADIES' EURO TOUR GOLF: AUSTRIAN OPEN
18 10.15PM SK1
US PGA TOUR: GREATER MILWAUKEE OPEN
18 11.00PM ESP
LPGA GOLF: JAL BIG APPLE CLASSIC
18 12MIDNIGHT SK1
LPGA GOLF: JAL BIG APPLE CLASSIC
18 1.00AM SK2
LADIES' EURO TOUR GOLF: AUSTRIAN OPEN
18 3.00AM SK2
LPGA GOLF: JAL BIG APPLE CLASSIC
19 10.00AM SK1
LADIES' EURO TOUR GOLF: AUSTRIAN OPEN
19 1.00PM SK2
FORD GOLF USA: US WOMEN'S OPEN
LIVE 20 7.00PM SK2
Coverage from Libertyville, Illinois. Defending champion Juli Inkster returns to head an impressive field.
FORD GOLF USA: US WOMEN'S OPEN
21 10.00AM SK2
FORD GOLF USA: US WOMEN'S OPEN
LIVE 21 7.00PM SK2
FORD GOLF USA: US WOMEN'S OPEN
21 1.30AM SK2
FORD GOLF USA: US WOMEN'S OPEN
LIVE 22 8.00PM SK2
EUROPEAN TOUR: STANDARD LIFE FORD GOLF USA: US WOMEN'S OPEN
LIVE 23 8.00PM SK2
FORD GOLF USA: US WOMEN'S OPEN
23 2.30AM SK2
FORD GOLF USA: US WOMEN'S OPEN
24 2.00PM SK1
US SENIOR PGA TOUR: FORD SENIOR PLAYERS' CHAMPIONSHIP
25 11.00PM ESP
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 27 10.30AM SK1
The Noordwijkse Golf Club plays host to the event, won last year by Lee Westwood.
EURO TOUR GOLF: SENIOR BRITISH OPEN
LIVE 27 12.15PM SK1
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 27 1.45PM SK1
Coverage continues.
EURO TOUR GOLF: SENIOR BRITISH OPEN
LIVE 27 4.15PM SK1
Action from the opening day's play at the Royal County Down Golf Club.
FORD GOLF USA: JOHN DEERE CLASSIC
LIVE 27 8.30PM SK3
Action from the TPC at Deere Run Silvis, Illinois.
EURO TOUR GOLF: TNT DUTCH OPEN AND SENIOR BRITISH OPEN
27 11.00PM SK2
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 28 10.30AM SK1
EURO TOUR GOLF: SENIOR BRITISH OPEN
LIVE 28 12.15PM SK1
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 28 1.45PM SK1
EURO TOUR GOLF: SENIOR BRITISH OPEN
LIVE 28 4.15PM SK1
FORD GOLF USA: JOHN DEERE CLASSIC
LIVE 28 8.30PM SK3
EURO TOUR GOLF: TNT DUTCH OPEN AND SENIOR BRITISH OPEN
28 11.00PM SK2
FORD GOLF USA: JOHN DEERE CLASSIC
28 1.30AM SK2
FORD GOLF USA: JOHN DEERE CLASSIC
29 10.00AM SK3
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 29 12.30PM SK3
EURO TOUR GOLF: SENIOR BRITISH OPEN
LIVE 29 3.30PM SK3
FORD GOLF USA: JOHN DEERE CLASSIC
LIVE 29 8.00PM SK3
EURO TOUR GOLF: TNT DUTCH OPEN AND SENIOR BRITISH OPEN
29 11.00PM SK2
EURO TOUR GOLF: TNT DUTCH OPEN AND SENIOR BRITISH OPEN
30 6.30AM SK1
FORD GOLF USA: JOHN DEERE CLASSIC
30 9.30AM SK3
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 30 12.30PM SK3
EURO TOUR GOLF: SENIOR BRITISH OPEN
LIVE 30 3.30PM SK3
FORD GOLF USA: JOHN DEERE CLASSIC
LIVE 30 8.00PM SK2
EURO TOUR GOLF: TNT DUTCH OPEN AND SENIOR BRITISH OPEN
30 11.00PM SK2
EURO TOUR GOLF: TNT DUTCH OPEN AND SENIOR BRITISH OPEN
31 9.30AM SK2
FORD GOLF USA: JOHN DEERE CLASSIC
31 12NOON SK2

GREYHOUND RACING

WILLIAM HILL STEEL CITY CUP
LIVE 4 7.30PM SK1

HORSE RACING

THE WINNING POST: MUSSELBURGH/ WINDSOR
LIVE 3 6.30PM SK1
Another evening of horse racing action.
THE WINNING POST: EPSOM/YARMOUTH
LIVE 5 6.30PM SK1
THE WINNING POST: HAYDOCK/SALISBURY
LIVE 7 6.30PM SK3
THE WINNING POST: RIPON/WINDSOR
LIVE 10 6.30PM SK1
THE WINNING POST: KEMPTON/ WORCESTER
LIVE 12 6.30PM SK3
THE WINNING POST: CHEPSTOW/CHESTER
LIVE 14 6.30PM SK3
THE WINNING POST: WINDSOR/ WOLVERHAMPTON
LIVE 17 6.30PM SK1
THE WINNING POST: KEMPTON/ WORCESTER
LIVE 19 6.30PM SK3
THE WINNING POST: EPSOM/SEDGEFIELD
LIVE 20 6.30PM SK3
THE WINNING POST: NEWMARKET/ PONTEFRACT
LIVE 21 6.30PM SK3
THE WINNING POST: KEMPTON/REDCAR
LIVE 23 2.00PM SK1
THE WINNING POST: WINDSOR/BEVERLEY
LIVE 24 6.30PM SK1
THE WINNING POST: CHEPSTOW/ NEWMARKET/ SALISBURY
LIVE 28 6.30PM SK3
THE WINNING POST: WINDSOR/YARMOUTH
LIVE 31 7.00PM SK2

MOTOR CYCLING

SPEEDWAY: POLAND GRAND PRIX
LIVE 1 6.00PM SK1
Action from Wroclaw.
MOTOCROSS
LIVE 2 10.45AM ESP
World Championship action from Belgium.
BRITISH SUPERBIKE: SILVERSTONE
LIVE 2 1.00PM SK1
The latest from the British Superbike Championship.
BRITISH SUPERBIKE: SILVERSTONE
LIVE 2 3.00PM SK3
MOTOCROSS
2 4.30PM ESP
BRITISH SUPERBIKE: SILVERSTONE
2 10.30PM SK1
BRITISH SUPERBIKE: SILVERSTONE
3 6.00PM SK3
MOTORCYCLING
3 11.00PM ESP
Endurance World Championship racing from Estoril, Portugal.
SPEEDWAY: ELITE SPEEDWAY LEAGUE – KINGS LYNN V OXFORD
LIVE 5 7.30PM SK3
Kings Lynn meet Oxford at Saddlebow Road.
SPEEDWAY: ELITE SPEEDWAY LEAGUE – KINGS LYNN V OXFORD
5 3.00AM SK2
MOTOCROSS
7 12NOON ESP
World Championship action from Belgium.
BRITISH GRAND PRIX
LIVE 7 1.00PM ESP
Action from practice at Donington Park.
BRITISH GRAND PRIX
LIVE 7 2.00PM ESP
More coverage.
BRITISH GRAND PRIX
LIVE 8 1.00PM ESP
BRITISH GRAND PRIX
LIVE 8 2.00PM ESP
BRITISH GRAND PRIX
LIVE 9 11.00AM ESP
Action from the 125cc race at Donington Park.
BRITISH GRAND PRIX
LIVE 9 12.15PM ESP
MOTORCYCLING
LIVE 9 1.30PM ESP
More from Donington Park with the 500cc race.
SUPERBIKE
LIVE 9 7.45PM ESP
World Championship ninth-round action from Laguna Seca, California.
SUPERBIKE
LIVE 9 11.30PM ESP
SPEEDWAY: ELITE SPEEDWAY LEAGUE – WOLVERHAMPTON V POOLE
LIVE 10 7.30PM SK2
SPEEDWAY: ELITE SPEEDWAY LEAGUE – WOLVERHAMPTON V POOLE
11 10.00AM SK2
MOTOCROSS: THQ BRITISH MOTOCROSS
16 10.00AM SK3
The latest leg comes from the Foothills Moto Parc in Llandeilo, Carmarthenshire.
MOTOCROSS: THQ BRITISH MOTOCROSS
16 5.00PM SK3
MOTOCROSS: THQ BRITISH MOTOCROSS
16 8.30PM SK3
MOTOCROSS
16 11.15PM ESP
World Championship racing from Belo Horizonte, Brazil.
SPEEDWAY: ELITE SPEEDWAY LEAGUE
LIVE 19 7.30PM SK2
Action featuring Poole in action against King's Lynn at Wimborne Road.
SPEEDWAY: ELITE SPEEDWAY LEAGUE
19 2.30AM SK2
BRITISH SUPERBIKE: OULTON PARK
19 10.00PM SK2
Coverage of the seventh leg of the series.
BRITISH SUPERBIKE: OULTON PARK
20 10.00AM SK2
MOTOCROSS
20 12NOON ESP
GERMAN GRAND PRIX
LIVE 21 12NOON ESP
Action from the practices at the Sachsenring.
BRITISH SUPERBIKE: OULTON PARK
21 1.00PM SK1
GERMAN GRAND PRIX
LIVE 21 1.00PM ESP
GERMAN GRAND PRIX
LIVE 22 12NOON ESP
GERMAN GRAND PRIX
LIVE 22 1.00PM ESP
GERMAN GRAND PRIX
LIVE 22 2.15PM ESP
GERMAN GRAND PRIX
LIVE 23 10.00AM ESP
Coverage of the 125cc race at the Sachsenring.
GERMAN GRAND PRIX
LIVE 23 11.15AM ESP
More from Germany with the 250cc race.
GERMAN GRAND PRIX
LIVE 23 12.30PM ESP
500cc race action.
ENDURANCE WORLD CHAMPIONSHIP
24 4.00PM ESP
Coverage of the third round from Belgium.
SPEEDWAY: ELITE SPEEDWAY LEAGUE
26 7.30PM SK3
Coverage of Peterborough versus Ipswich.
SPEEDWAY: ELITE SPEEDWAY LEAGUE – PETERBOROUGH V IPSWICH
26 1.30AM SK2
SPEEDWAY: GREAT BRITAIN GRAND PRIX
LIVE 29 7.00PM SK1
The Speedway Grand Prix season reaches Great Britain with action from Coventry.
MOTOCROSS
LIVE 30 10.45AM ESP
Action from the World Championship.
MOTOCROSS
LIVE 30 2.00PM ESP
SPEEDWAY: GREAT BRITAIN GRAND PRIX
30 2.00PM SK2

MOTOR RACING

FORMULA 3000
LIVE 1 1.30PM ESP
Race action from Magny-Cours in France.
AUSTRALIAN RALLY CHAMPIONSHIPS
5 5.30PM SK2
AUSTRALIAN RALLY CHAMPIONSHIPS
5 1.30AM SK2
CART
7 7.00PM ESP

CAR RACING
9 6.30PM ESP
American Le Mans Series racing from the Nürburgring, Germany.
NASCAR
10 5.00PM ESP
Winston Cup Series racing from Loudon, New Hampshire.
GRAND TOURING
11 5.00PM ESP
Coverage of the FIA GT Championship at the Hungaroring, Budapest.
TOURING CAR
11 6.00PM ESP
European Super Touring Cup racing.
SPORTS CAR RACING
12 5.00PM ESP
Action from the FIA SportsRacing World Cup.
AUSTRALIAN RALLY CHAMPIONSHIPS
12 11.00PM SK2
AUSTRALIAN RALLY CHAMPIONSHIPS
13 12.30PM SK1
SPORTS CAR RACING
13 5.00PM ESP
FORMULA 3000
14 6.00PM ESP
FIA Formula 3000 International Championship coverage at Spielberg, Austria.
FORMULA 3000
LIVE 15 2.00PM ESP
INDY RACING LEAGUE – ATLANTA 500
LIVE 15 1.00AM SK2
Action from the Atlanta Motor Speedway.
INDY RACING LEAGUE – ATLANTA 500
16 2.30PM SK3
NASCAR BUSCH – NAZERETH 200
LIVE 16 5.30PM SK3
Coverage from the Nazareth Speedway.
NASCAR BUSCH – NAZARETH 200
17 1.30PM SK2
CART
19 7.00PM ESP
FedEx Championship racing from Toronto.
AUSTRALIAN RALLY CHAMPIONSHIPS
19 4.30PM SK1
AUSTRALIAN RALLY CHAMPIONSHIPS
19 2.00AM SK2
AUSTRALIAN RALLY CHAMPIONSHIPS
20 9.30AM SK1
AUSTRALIAN RALLY CHAMPIONSHIPS
22 7.00PM SK2
TOURING CAR
23 6.45PM ESP
Action from the sixth round of the European Super Touring Cup.
CAR RACING
LIVE 23 9.00PM ESP
American Le Mans Series action from Sears Point Raceway, Sonoma.
CAR RACING
LIVE 23 10.15PM ESP
Coverage continues.
RALLY
24 9.00PM ESP
Coverage of the FIA World Championship in New Zealand.
NASCAR
24 10.00PM ESP
Coverage of the Winston Cup Series in the Pennsylvania 500.
AUSTRALIAN RALLY CHAMPIONSHIP
26 5.00PM SK3
AUSTRALIAN RALLY CHAMPIONSHIPS
26 12MIDN'T SK2
FORMULA 3000
28 5.30PM ESP
International Championship action from Hockenheim.
RALLY
28 6.30PM ESP
Coverage of the 5200km Master Rally from Paris to Istanbul.
FORMULA 3000
LIVE 29 1.30PM ESP
NASCAR BUSCH – CAR QUEST AUTO PARTS 250
LIVE 29 2.00AM SK2
Action from the Gateway International Raceway.
NASCAR BUSCH – CAR QUEST AUTO PARTS 250
30 8.30PM SK1

POOL

WORLD POOL CHAMPIONSHIPS
LIVE 1 2.00PM SK2
Cardiff International Arena is the venue for live coverage of the World Pool Championships. Competitors include defending champion Efren Reyes along with the likes of Ralf Souquet, Francisco Bustamente and Steve Davis.
WORLD POOL CHAMPIONSHIPS
LIVE 1 7.00PM SK3
WORLD POOL CHAMPIONSHIPS
LIVE 2 2.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 2 7.00PM SK3
WORLD POOL CHAMPIONSHIPS
LIVE 3 2.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 3 7.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 4 2.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 4 7.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 5 2.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 5 7.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 6 2.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 6 7.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 7 2.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 7 7.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 8 2.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 8 7.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 9 2.00PM SK2
WORLD POOL CHAMPIONSHIPS
LIVE 9 7.00PM SK2
The World Pool Championships reach their conclusion with the final at Cardiff International Arena.
WORLD POOL CHAMPIONSHIPS
10 12NOON SK1

ROWING

WORLD CUP
16 5.00PM ESP
Action from the third round in Lucerne.

RUGBY LEAGUE

AUSTRALIAN RUGBY LEAGUE
LIVE 1 10.30AM SK1
Coverage of another game in the world's toughest league.
AUSTRALIAN RUGBY LEAGUE
1 3.00PM SK3
SUPER LEAGUE
LIVE 1 5.00PM SK3
Coverage continues.
AUSTRALIAN RUGBY LEAGUE: BRISBANE V PENRITH
2 10.30AM SK1
AUSTRALIAN RUGBY LEAGUE: BRISBANE V PENRITH
2 6.30PM SK1
AUSTRALIAN RUGBY LEAGUE: BRISBANE V PENRITH
2 12.30AM SK1
SUPER LEAGUE
3 10.00AM SK1
AUSTRALIAN RUGBY LEAGUE
3 12NOON SK3
SUPER LEAGUE
3 2.00PM SK3
SUPER LEAGUE
LIVE 7 7.00PM SK1
SUPER LEAGUE
7 12MIDN'T SK1
SUPER LEAGUE
7 4.00AM SK1
AUSTRALIAN RUGBY LEAGUE
8 8.30AM SK1
SUPER LEAGUE
LIVE 9 7.00PM SK1
SUPER LEAGUE
9 12.15AM SK1
SUPER LEAGUE
10 10.00AM SK1
AUSTRALIAN RUGBY LEAGUE
10 12NOON SK3
SUPER LEAGUE
10 2.00PM SK3
SUPER LEAGUE
LIVE 14 7.00PM SK1
SUPER LEAGUE
14 1.00AM SK1
AUSTRALIAN RUGBY LEAGUE
15 8.30AM SK1
AUSTRALIAN RUGBY LEAGUE
15 5.00PM SK2
AUSTRALIAN RUGBY LEAGUE
15 11.00PM SK1
SUPER LEAGUE
LIVE 16 7.00PM SK1
SUPER LEAGUE
17 2.00PM SK3
SUPER LEAGUE
LIVE 21 7.00PM SK1
SUPER LEAGUE
21 12MIDN'T SK1
AUSTRALIAN RUGBY LEAGUE
LIVE 22 10.30AM SK3
AUSTRALIAN RUGBY LEAGUE
22 12.30AM SK1
AUSTRALIAN RUGBY LEAGUE
LIVE 23 10.30AM SK1
AUSTRALIAN RUGBY LEAGUE
23 12NOON SK3
AUSTRALIAN RUGBY LEAGUE
23 5.00PM SK1
SUPER LEAGUE
LIVE 23 6.30PM SK1
SUPER LEAGUE
23 12.30AM SK2
SUPER LEAGUE
24 10.00AM SK1
SUPER LEAGUE
LIVE 28 7.00PM SK1
SUPER LEAGUE
28 12MIDN'T SK1
AUSTRALIAN RUGBY LEAGUE
29 8.30AM SK1
AUSTRALIAN RUGBY LEAGUE
29 6.00PM SK3
AUSTRALIAN RUGBY LEAGUE
29 12MIDN'T SK1
SUPER LEAGUE
LIVE 30 7.00PM SK3
SUPER LEAGUE
30 12.30AM SK1
SUPER LEAGUE
31 12NOON SK3

RUGBY UNION

FORD INTERNATIONAL RUGBY UNION: NEW ZEALAND V SCOTLAND – SECOND TEST
LIVE 1 8.00AM SK1
Eden Park is the venue for the second Test.
FORD INTERNATIONAL RUGBY UNION: NEW ZEALAND V SCOTLAND – SECOND TEST
1 1.00PM SK1
Coverage continues.
INTERNATIONAL RUGBY UNION: AUSTRALIA V SOUTH AFRICA
8 6.30PM SK1
Action from Melbourne.
FORD INTERNATIONAL RUGBY UNION: TRI-NATIONS – AUSTRALIA V NEW ZEALAND
LIVE 15 10.30AM SK3
New Zealand begin the defence of their Tri-Nations crown with a potentially explosive live match against bitter rivals Australia at Stadium Australia.
FORD INTERNATIONAL RUGBY UNION: TRI-NATIONS – AUSTRALIA V NEW ZEALAND
15 7.30PM SK1
Coverage continues.
FORD INTERNATIONAL RUGBY UNION: USA V SAMOA
16 11.00AM SK3
The USA continue their initiation on the world stage with a tough match against attack-minded Samoa. Action from San Francisco.
FORD INTERNATIONAL RUGBY UNION: TRI-NATIONS – NEW ZEALAND V SOUTH AFRICA
LIVE 21 3.30AM SK1
Two of rugby union's superpowers lock horns in another live Tri-Nations encounter.
FORD INTERNATIONAL RUGBY UNION: TRI-NATIONS – NEW ZEALAND V SOUTH AFRICA
22 6.30PM SK1
Coverage continues.
FORD INTERNATIONAL RUGBY UNION: TRI-NATIONS – AUSTRALIA V SOUTH AFRICA
LIVE 29 10.30AM SK1
Stadium Australia in Sydney hosts the clash between world champions Australia and the Springboks.
FORD INTERNATIONAL RUGBY UNION: TRI-NATIONS – AUSTRALIA V SOUTH AFRICA
29 5.30PM SK1
Coverage continues.
FORD INTERNATIONAL RUGBY UNION: TRI-NATIONS – AUSTRALIA V SOUTH AFRICA
29 2.00AM SK1
FORD INTERNATIONAL RUGBY UNION: TRI-NATIONS – AUSTRALIA V SOUTH AFRICA
30 9.00AM SK1

SNOOKER

PREMIER SNOOKER LEAGUE
11 8.00PM SK3
Action from a prestigious showcase for seven of the world's best players. The defending champion is John Higgins.
PREMIER SNOOKER LEAGUE
11 1.30AM SK2
Coverage continues.
PREMIER SNOOKER LEAGUE
12 10.00AM SK2
PREMIER SNOOKER LEAGUE
12 3.00PM SK1
PREMIER SNOOKER LEAGUE
25 8.00PM SK3
PREMIER SNOOKER LEAGUE
25 3.00AM SK2

SQUASH

SUPER SERIES FINALS
2 12NOON SK2
Action from Broadgate Centre, London, featuring star players such as Peter Nicol, Jonathan Power and Ahmed Barada.
SUPER SERIES FINALS
2 11.00PM SK3
SUPER SERIES FINALS
4 1.00PM SK2

SWIMMMING

EUROPEAN CHAMPIONSHIPS
LIVE 1 7.15AM ESP
Action from Helsinki.
EUROPEAN CHAMPIONSHIPS
1 3.30PM ESP
EUROPEAN CHAMPIONSHIPS
1 10.15PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 2 7.15AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 2 1.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 3 7.00AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 3 11.15AM ESP
The races start today in Helsinki, with the diving and synchronised swimming competitions.
EUROPEAN CHAMPIONSHIPS
LIVE 3 1.00PM ESP
EUROPEAN CHAMPIONSHIPS
3 5.00PM ESP
EUROPEAN CHAMPIONSHIPS
3 10.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 4 7.00AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 4 11.15AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 4 1.00PM ESP
EUROPEAN CHAMPIONSHIPS
4 5.00PM ESP
EUROPEAN CHAMPIONSHIPS
4 10.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 5 7.00AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 5 9.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 5 1.00PM ESP
EUROPEAN CHAMPIONSHIPS
5 5.00PM ESP
EUROPEAN CHAMPIONSHIPS
5 10.30PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 6 7.00AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 6 9.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 6 1.00PM ESP
EUROPEAN CHAMPIONSHIPS
6 5.00PM ESP
EUROPEAN CHAMPIONSHIPS
6 10.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 7 7.00AM ESP
EUROPEAN CHAMPIONSHIPS
7 5.00PM ESP
EUROPEAN CHAMPIONSHIPS
7 10.15PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 8 7.00AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 8 9.30AM ESP
EUROPEAN CHAMPIONSHIPS
8 5.00PM ESP
EUROPEAN CHAMPIONSHIPS
8 10.15PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 9 7.00AM ESP
EUROPEAN CHAMPIONSHIPS
9 5.00PM ESP
EUROPEAN CHAMPIONSHIPS
9 10.15PM ESP

TABLE TENNIS

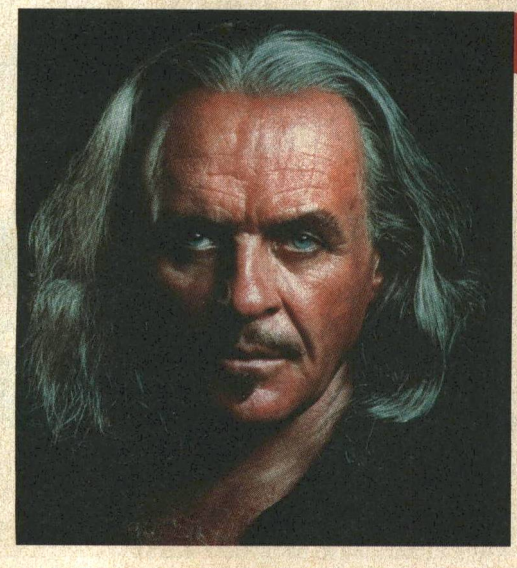
CROATIAN OPEN
9 7.00PM SK3
Action from Zagreb in the latest major tournament in the sport's calendar as players compete for a prize of $65,000.
CROATIAN OPEN
9 11.15PM SK1
CROATIAN OPEN
10 2.00PM SK2
CROATIAN OPEN
10 6.00PM SK3
CHINA OPEN
14 9.00PM SK3
This year's table tennis tour reaches its next major competition with the China Open.
CHINA OPEN
14 2.00AM SK2
CHINA OPEN
16 11.00PM SK3
CHINA OPEN
18 4.00PM SK3
CHINA OPEN
19 11.00AM SK2
JAPAN OPEN
22 6.00PM SK2
JAPAN OPEN
22 5.00AM SK2
JAPAN OPEN
23 1.30PM SK3
JAPAN OPEN
24 9.00AM SK2
US OPEN
30 7.00PM SK2
Table tennis action from Fort Lauderdale.
US OPEN
30 1.30AM SK2
US OPEN
31 2.00PM SK3

TENNIS

ATP GSTAAD
LIVE 11 10.00AM ESP
Coverage of the UBS Open in Gstaad. Albert Costa is the current champion.
ATP GSTAAD
LIVE 12 10.00AM ESP
ATP GSTAAD
LIVE 13 10.00AM ESP
ATP GSTAAD
LIVE 14 10.00AM ESP
ATP GSTAAD
LIVE 15 10.00AM ESP
ATP GSTAAD
LIVE 16 10.00AM ESP
Action from the final.
ATP KITZBUHE
LIVE 26 12.30PM ESP
Coverage of the Generali Open at the Casino Stadion, another tournament where Albert Costa is the champion.
ATP KITZBUHE
LIVE 27 12.30PM ESP
ATP KITZBUHE
LIVE 28 12.30PM ESP
ATP KITZBUHE
29 3.30PM ESP
WTA STANFORD
LIVE 29 8.00PM ESP
Action from the Bank of the West Classic at Stanford University. Lindsay Davenport is the current champion.
ATP KITZBUHE
LIVE 30 3.00PM ESP
Coverage of the final.
WTA STANFORD
LIVE 30 8.00PM ESP
Action from the final.

Week 1

Saturday 1st July-Friday 7th July



Zorro rides again

As portrayed by the likes of screen idol Tyrone Power, Zorro was a huge success with the cinema audiences of the Thirties and Forties. And now this masked Hispanic dandy, a fearless champion of the people, with incredible sword-fighting skills, has been given a dynamic makeover in *The Mask of Zorro*. Anthony Hopkins stars as nobleman Don Diego de la Vega, who, in the guise of Zorro, defends the peasant folk of old California from the tyranny of the Spanish invaders. This puts him on a collision course with California governor Don Rafael Montero, who imprisons Don Diego, accidentally killing his wife in the process, and kidnaps his daughter, Elena. Don Diego makes his escape after 20 years of incarceration and decides to rescue Elena (who has grown up into Catherine Zeta-Jones) and seek retribution for his wife's death. But realising he cannot do it alone, he trains hot-headed bandit Alejandro Murrieta (Antonio Banderas), who is hungry for revenge against one of Don Rafael's men, to take his mantle as the masked avenger and help in his plan. The film succeeds as a rousing, unpretentious adventure, but it has a satisfying depth and texture: each of the main characters has an interesting arc, and the rascally exuberance of the slapstick set-pieces often gives way to scenes that are steeped in regret, sadness and anger. *Sky Premier, Saturday 1st, 8.00pm*

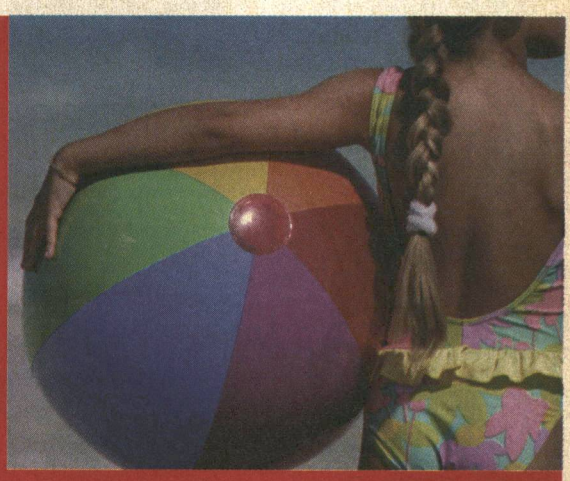
Vote for a film on Carlton Cinema

Ever fancied being a movie programmer? Well, now you can, thanks to Carlton Cinema and *Cable Guide*. The channel has teamed with us to give viewers the chance to decide which film will play in its 9.00pm slot. You have three great titles to choose from; all you need to do is call the freephone numbers listed below and voice your choice. The films for your consideration are the putting-on-a-show British comedy *A Chorus of Disapproval*, starring Anthony Hopkins (0800 122833); *Hanover Street*, which pairs Harrison Ford with Lesley Anne-Down (right) in a WWII romance (0800 122834); and the stylish brat pack Western *Young Guns II* (0800 122835). The phone lines are open now. Voting finishes on Sunday 9th and the movie with the most votes will be screened on Thursday 13th.

Summer Sale!

1st - 9th July

Why get hot and bothered searching for bargains in the high street?
Relax... switch on to Shop! and catch sensational savings in our Summer Sale!



Available on Cable and Wireless
Channel 53 or 74

Shop! The Home Shopping Channel

0800 77 55 33
www.shop-tv.co.uk

For more information and a free guide to 'What's on Shop!' or to place an order, call us now and remember to quote code AG003.

Saturday 1 July

SKY PREMIER
PREMIUM CHANNEL

6.00 AM MORNING

7.00am Leona Helmsley: Queen of Mean
1990, rating Sky PG, 94 mins
8.40 The Beniker Gang
1985, rating Sky PG, 83 mins
10.10 Little Heroes
1999, rating Sky PG, DS, 88 mins
11.45 First Comes Love
1998, rating Sky PG, 87 mins
1.15pm That Darn Cat
1997, rating Sky U, DS, 86 mins
2.50 Little Heroes
Thomas Garner, Brad Sergi
Family comedy. Pet dogs prove to be the worst nightmare for two potential kidnappers. A corrupt employer plans to stop an ex-employee from testifying to the Senate by having his son kidnapped. However, he has not reckoned on the faithful family pets. *1999, rating Sky PG, DS, 88 mins*

3.00 PM

4.25 First Comes Love
John Stamos, Annabeth Gish
Romantic comedy. A hard-working lawyer is to marry his boss's daughter. But then he meets a quirky museum curator and he starts to have second thoughts about the wedding. *1998, rating Sky PG, 87 mins*

4.00 PM

6.00 That Darn Cat
Christina Ricci, Doug E Doug
Family adventure about a teenage girl who, with the help of her cat – a feline with incredible detective skills – sets out to find the family's maid who has been kidnapped. *1997, rating Sky U, DS, 86 mins*

5.00 PM

7.30 Preview Show
A look at what's coming up on Sky this week.

6.00 PM

8.00 The Mask of Zorro
Antonio Banderas, Anthony Hopkins, Catherine Zeta-Jones
PREMIERE Epic swashbuckling adventure. The legendary masked hero has now retired but when a fresh villain threatens to buy Alta California from the Mexican president, a new Zorro must be found to fight the plot. A young bandit who turns up could be just the man. Text *1998, rating Sky PG, DS, 132 mins*

7.00 PM

10.15 G.I. Jane
Demi Moore, Anne Bancroft
Controversial action drama. A woman lieutenant challenges convention when she enters the Navy SEALs training programme as a political experiment. Being used by scheming politicians and obstructed by the men she is training with only strengthens her will to succeed. Text Last Play *1997, rating Sky 15, 120 mins*

8.00 PM

12.20am The Mask of Zorro
Adventure. Text *1998, rating Sky PG, DS,132 mins*
2.35 Hurricane Streets
Urban drama. Text *1997, rating Sky 15, DS, 89 mins*
4.10-5.30am The Beniker Gang
1985, rating Sky PG, 83 mins

9.00 PM

10.00 PM

11.00 PM

12.00 NIGHT TIME

SKY MOVIEMAX
PREMIUM CHANNEL

6.05am The Bears and I
1974, rating Sky PG, 85 mins
8.00 Daddy's Little Angel
Lalia Dagher, Gary Imhoff
1998, rating Sky PG, 86 mins
10.00 King Solomon's Mines
Sharon Stone, Richard Chamberlain
1985, rating Sky PG, 95 mins
11.45 The Tiger Woods Story
Khalil Kain, Keith David
1998, rating Sky PG, 99 mins
1.45pm Danielle Steel's Fine Things
DW Moffett, Tracy Pollan, Cloris Leachman, Noley Thornton
Heart-wrenching drama. A man thinks all his dreams have come true when he meets and marries a beautiful divorcee. *1995, rating Sky PG, 137 mins*

4.10 King Solomon's Mines
Sharon Stone, Richard Chamberlain, Herbert Lom
Re-make of the classic African adventure. A woman convinces an adventurer to help find her father who is lost in the jungle and was searching for a legendary diamond mine. *1985, rating Sky PG, 95 mins*
5.50 Blues Brothers 2000
Dan Aykroyd, John Goodman
The all-singing, all-action sequel to the 1980 cult hit. When one of the brothers is released from prison, he sets about reforming the band but must find a new front man. As in the original film, a host of blues legends lend their soulful support with cameo appearances and musical performances. Text *1998, rating Sky PG, DS, 119 mins*
8.00 Blade Squad
Yancey Arias, Kirk Baltz, Joy Bisco, Lori Heuring
Sci-fi action set in a chaotic future, where law and order is maintained by a maverick band of roller-blading youngsters. Text *1998, Sky 15, 85 mins*
9.30 Naked City: Justice with a Bullet
Scott Glenn, Courtney B Vance, Giancarlo Esposito
PREMIERE Crime drama. Two New York cops come to the rescue of a couple of female tourists who have got themselves accidentally mixed up in a drug dealer's murder. *1998, rating Sky 15, 103 mins*
11.20 Half Baked
Dave Chappelle, Guillermo Diaz
Comedy in which a teacher is jailed after accidentally killing a police horse. *1998, rating Sky 18, 78 mins*
12.45am Merchant of Death
Michael Paré, Linda Hoffman
Action-packed police drama. Text *1998, rating Sky 18, 92 mins*
2.25 Marie: The True Story
Sissy Spacek, Morgan Freeman
1985, rating Sky 15, 107 mins
4.20-6.10am Daddy's Little Angel
1998, rating Sky PG, 86 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am Sword of Sherwood Forest
Richard Greene, Peter Cushing
Classic Robin Hood adventure. *1960, rating Sky U, 77 mins*
12.20pm Cattle Queen of Montana
Ronald Reagan, Barbara Stanwyck
Western. A woman inherits a ranch. *1954, rating Sky PG, 85 mins*
1.50 Anna Karenina
Vivien Leigh, Ralph Richardson, Kieron Moore, Hugh Dempster
The third screen adaptation of Tolstoy's novel. The wife of a dull Russian aristocrat falls in love with a dashing cavalry officer and becomes pregnant by him. However, the society she lives in will not tolerate such immorality. *1947, rating Sky PG, 134 mins*

4.10 Dance Hall
Natasha Perry, Donald Houston, Diana Dors, Jane Hylton
Drama about a quartet of English girls who find an escape from their mundane lives when they visit their local dance hall. *1950, rating Sky PG, 75 mins*
5.40 All About Eve
Bette Davis, Gary Merrill, Anne Baxter, George Sanders
Hollywood classic about a young aspiring actress and her ruthless rise to stardom. A star actress on the Broadway stage takes a fawning fan under her wing, not realising that she is taking an ambitious cuckoo into her nest. The fan is actually hell-bent on using the star to advance her own career. Text *1950, rating Sky U, 133 mins*
8.00 Maniac
Kerwin Mathews, Nadia Gray, Donald Houston, Justine Lord
Thriller in which an American artist falls for a young French woman. He is persuaded to help free her father from an institution, little realising what terror he is about to unleash. The father takes a violent dislike to the artist and is now free to pursue him. *1962, rating Sky 15, 83 mins*
10.00 Bad Boys
Sean Penn, Ally Sheedy
Violent drama. An adolescent gang member is thrown into prison where he soon establishes himself as the leader. But his authority is challenged by his new cellmate – an old enemy – who has been imprisoned for raping the leader's girlfriend. *1983, rating Sky 18, 105 mins*
11.50 The Phantom of the Opera
1962, rating Sky 12, 81 mins
1.15am Maniac
1962, rating Sky 15, 83 mins
2.45 Bad Boys
1983, rating Sky 18, 105 mins
4.35-6.00am Sword of Sherwood Forest
1960, rating Sky U, 77 mins

Antonio Banderas and Catherine Zeta-Jones star in the premiere of the 'The Mask of Zorro'. Sky Premier 8.00pm

MOVIE RATINGS
Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

FILMFOUR
ADD-ON CHANNEL

6.00pm Picnic At Hanging Rock
Rachel Roberts, Dominic Guard, Helen Morse, Jacki Weaver
A mythical film telling the story of how, on a hot summer's day, the teachers and girls from a private school in remote Outback Australia visit a local beauty spot. Suddenly three of the girls and a teacher disappear into thin air. Text *1975, 111 mins*
8.00 Jabberwocky
Michael Palin, Deborah Fallender, Max Wall, John Le Mesurier
Loosely based on Lewis Carroll's epic poem, the film sees a poor man suddenly finding himself mistaken for a prince and in line for the hand of the princess – if he kills the monstrous Jabberwock. *1977, 100 mins*
9.45 The Blair Fish Project
10.00 The Last Broadcast
Controversial US horror movie. The two hosts and a soundman from a New Jersey cable TV show disappear in the woodlands while searching for the legendary New Jersey Devil. Only one of them ever reappears – and is then convicted of murdering the other two. *1998, 86 mins*
11.35 The Blair Witch Phenomenon
12.10am Paradise Lost: The Child Murders At Robin Hood Hills
Documentary. *1996, 150 mins*
2.45 The Texas Chainsaw Massacre
Gunnar Hansen, Marilyn Burns
Notorious horror film. *1974, 80 mins*
4.10-6.00am Motorcycle Gang
Re-make of a classic B-movie. Text *1993, 79 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm The Bostonians
Christopher Reeve, Vanessa Redgrave, Madeleine Potter
Lavish period drama adapted from the Henry James novel. Set in 19th-century New England, a promising young girl becomes the prize as determined battle lines are drawn between a lawyer who wants to marry her and a feminist who does not want the girl to meekly follow convention but realise her full potential. Text 1984, 120mins
9.15pm Silkwood
Meryl Streep, Kurt Russell, Cher
Fact-based drama. A worker in a nuclear plant uncovers a serious safety breach. Far from being concerned to investigate and rectify the breach, it seems her superiors are far more worried about the problem becoming public knowledge and take ruthless steps to silence her. *1983, 128 mins*
11.45 Thank God He Met Lizzie
Richard Roxburgh, Cate Blanchett, Frances O'Connor
Romantic comedy. *1997, 90 mins*
1.30am The Haunted House of Horror
Frankie Avalon, Jill Haworth
Horror drama. *1969, 79 mins*
3.00 Silkwood
Drama. *1983, 128 mins*
5.20-7.00am Road House
Ida Lupino, Cornel Wilde
Melodrama. *1948, 95 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

MY FAVOURITE MARTIAN
Rating PG, 90 mins
Comedy. A Martian crashes his spaceship on Earth and is pursued by an ambitious television reporter. Stars Jeff Daniels, Christopher Lloyd and Elizabeth Hurley.
T/C: Comedy, sci-fi fantasy.
BL: Infrequent, mild.
S/N: Once, mild, comic nudity.
V: Infrequent, mild horror.
6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm

Channel 51 Evening

THE FACULTY
Rating 15, 101 mins
Sci-fi thriller. A group of kids finds that their teachers have been taken over by a group of aliens who are bent on world domination. Stars Jordana Brewster, Clea DuVall and Laura Harris.
T/C: Sci-fi, horror.
BL: Frequent, strong.
S/N: Once, moderate.
V: Frequent, moderate.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

8MM
Rating 18, 119 mins
Thriller. A surveillance specialist is hired to find out the truth about a sordid video found in a dead man's effects. Stars Nicolas Cage, James Gandolfini and Joaquin Phoenix.
T/C: Thriller, snuff movies.
BL: Frequent, strong.
S/N: Frequent, strong, fetish.
V: Frequent, strong.
6.15pm, 8.30pm, 10.45pm, 1.00am, 3.15am

Channel 53

ONE TRUE THING
Rating 15, 123 mins
Family drama. A woman quits her job and relationship to nurse her dying mother and in the process she learns much she didn't know about her parents and her own life. Stars Renée Zellweger and Meryl Streep.
T/C: Family drama, cancer.
BL: Occasional, strong.
S/N: None.
V: None.
6.40pm, 9.00pm, 11.20pm, 1.40am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Count Duckula 6.30 Grimmy 7.00 Tintin 7.30 Rescue Heroes 8.00 Mega Babies 8.30 Pokémon 9.00 The Simpsons Text 9.30 Mummies Alive 10.00 Roswell Conspiracies 10.30 Starship Troopers 11.00 World Wrestling Federation – Smackdown 1.00pm World Wrestling Federation – Livewire 2.00 Pokémon Top Ten 2.30 Pokémon Top Ten

3.00-7.00
Pokémon Top Ten
Tune in to viewers' top ten favourite episodes compiled from Internet votes.

7.00
The One and Only: Steps
Steps perform in a pre-recorded concert for a celebrity audience and their children. Includes behind-the-scenes highlights.
8.00 The Simpsons
The Otto Show
Bart decides that he wants to be a heavy metal rocker. Text
8.30 Suddenly Susan
Matchmaker, Matchmaker Text
9.00
Xena: Warrior Princess
Surrounded by enemies, barbaric tribes, slave traders and other evils, the warrior princess battles tyranny and injustice.
10.00 The Corrs at Lansdowne Road
Catch this special concert from Lansdowne Road in Dublin as sibling chart-toppers The Corrs perform in their home town.
11.00 V.I.P.
NEW SERIES Action drama series centring on an aspiring actress who becomes the head of an elite bodyguard agency. With Pamela Anderson.
12midnight Showbiz Weekly
Presented by Tania Bryer.
12.30am Tekwar
Deep Cover
Sam's first day at the Cosmos Agency may be her last when she is assigned to infiltrate a powerful Mafia-style family. Text
1.30 Manhunter
2.30am-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am
Keeping Up Appearances Text
6.30 Birds of a Feather Text
7.05 Angels
7.35 Neighbours Omnibus
9.30 Dynasty Omnibus
12.15pm EastEnders Omnibus
Phil resorts to desperate measures in his search for Kathy and Ian travels north in his in quest for the truth about Tricky Dicky. Arthur has to eat his words, while Nigel takes the law into his own hands.

3.10 The Bill Omnibus
Greig attempts to find out why an innocent man has confessed to a burglary, and Cryer and Blake look into the theft of a car with a baby inside it. Meanwhile, Boulton and Rawton try to persuade a teenager to turn informer when her boyfriend is attacked by drug dealers, and Monroe mediates when neighbours accuse a former mental patient of threatening behaviour.
5.35
Keeping Up Appearances
Richard is worried that Hyacinth's attendance at an auction will cost him dearly.
6.15 FILM:
Carry On Again, Doctor
Kenneth Williams, Sidney James, Charles Hawtrey
Comedy. A doctor stumbles upon a witch doctor's weight-reducing potion while working at a mission in the South Seas. Realising the potential of the potion, he returns to England, hoping to make his fortune. *1969*
8.00 The Two Ronnies
Tune in for another 60 minutes of vintage bifocal comedy sketches and songs courtesy of the ever-popular duo – Barker and Corbett.
9.00-1.00am
Absolutely Fabulous
9.00 *Hospital*
Patsy is involved in a scandal, while Edina goes into hospital.
9.40 *Death*
Edina receives news of her father's death.
10.20 *Morocco*
Award-winning sitcom. Patsy and Saffron go on a trip to Morocco for a fashion shoot.
11.00 *New Best Friend*
Edina gets stressed-out about meeting two old friends.
11.40 *Poor*
Edina's ex threatens to cut her alimony, so she tries economising.
12.20am Birth
The girls get locked in a room.
1.00 Monty Python's Flying Circus
1.40 Keeping Up Appearances
2.20 This Life Text
3.10 Absolutely Fabulous
3.45 Absolutely Fabulous
4.20-6.00am
FILM: Carry On Again, Doctor
Comedy. *1969*

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Forgive or Forget 9.50 Relationship SOS 10.25 Home and Away Omnibus 12.30pm FILM:
Elvis and the Beauty Queen
Don Johnson, Stephanie Zimbalist
Drama based on true events. *1981*
2.20 FILM: Serving in Silence: The Marguerite Camermeyer Story
Glenn Close, Judy Davis
Real-life drama. A US army officer's career is curtailed when she lets slip that she is a lesbian. Her promotion prospects are shelved, and the army begins proceedings to discharge her – despite her unblemished record. *1995*
4.10 Special Babies
Documentary series about babies born with special needs.
4.40 Maury Povich
A double helping of the talk show dealing with emotional conflicts, hosted by veteran broadcast journalist Maury Povich.

6.20
Chat's Moral Dilemmas
Julia Bradbury hosts the talk show that offers advice to people who are in a dilemma.
7.10 Forgive or Forget
Host Mother Love tries to resolve guests' relationship problems by giving them the opportunity to forgive each other.
8.00 Judge Judy
Double bill of the show in which outspoken New York City family court judge Judy Sheindlin presides over a series of real-life cases and conflicts.
9.00 Profiler
Suspense thriller series about a forensic psychologist who has an uncommon gift for understanding the criminal mind. With Ally Walker and Robert Davi.
10.00 Jerry Springer
A double bill of the outrageous US talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about a variety of relationship issues.

11.45-12midnight
Sex Bites
Raunchy late-night fun with Katrina Buchanan.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am On the Buses 6.30 On the Buses 7.00 Plus on Plus 7.30 Mind Your Language 8.00 Bowler 8.30 Supersonic 9.00 Mission: Impossible 10.00 Charlie's Angels 11.00 Terry and June 11.30 Terry and June 12noon The Two of Us 12.30pm Plus on Plus 1.00 On the Buses 1.30 On the Buses 2.00 Poirot

3.00 The Persuaders
Angie, Angie
Danny meets up with an old friend on the French Riviera – and finds murder hiding behind the gaiety of a film festival.
4.00 Charlie's Angels
Winning is for Losers
A young golfer's bid for tournament leadership is shaken by snipers' bullets. With Kate Jackson.
5.00 Cagney and Lacey
High Steel
A high-rise construction worker falls to his death and Mary Beth's husband, a former ironworker, suspects murder.
6.00 Watching
Wrenching
Malcolm's business takes off.
6.30 George and Mildred
Your Money or Your Life
Sitcom with Yootha Joyce.
7.00 Poirot
Wasps' Nest
Hastings' new hobby of photography turns out to be unexpectedly useful to Poirot in his latest case.
8.00 The Chief
The Chief's interference with MI5 and Special Branch files lands him in hot water at the Home Office and jeopardises his position within the Force.
9.00 An Audience with Jimmy Tarbuck
Liverpudlian comedian Jimmy Tarbuck entertains a celebrity audience with gags about his life and long career.
10.00-11.00pm The Knock

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Sexy Shorts
Late-night music show looking at the hottest videos around town.
11.30 Rock Fillies II
Follow the ups and downs of a successful raunchy girl band.
12midnight Centrefolds
The girls strut their stuff at the Sheffield Arena bike show.
12.30am Beaver Patrol
Danni Hunt travels to Nottingham to seek out the perfect man.
1.00-2.00am
New Best of Hot Body
Erotic late-night series featuring models in revealing costumes.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.20 Music Time 6.25 New Adventures of Winnie the Pooh 6.40 Art Play 6.45 Classic Toons 6.55 The Adventures of Spot 7.05 Bite Size 7.20 Circle Time 7.25 Bear in the Big Blue House 7.50 Rolie Polie Olie 8.00 Boy Meets World 8.30 Teen Angel 9.00 Art Attack 9.30 Sabrina 10.00 Doug 10.30 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon 100 Deeds for Eddie McDowd 12.30pm Incredible Story Studio 1.00 FILM: Your Choice Your Voice 2.30 Mickey Mouseworks

3.00 101 Dalmatians
Animated series based on the popular film and book. Text
3.30 Timon and Pumbaa
More fun with the crazy duo from *The Lion King*. Text
4.00 FILM: Mary Poppins
Julie Andrews, Dick Van Dyke
Classic musical fantasy comedy set in the Edwardian era. The attention-starved children of a stuffy banker engage in constant misbehaviour until a new nanny appears on the scene. With the help of her friend, a chimney sweep, she brings music and magic into the children's lives and encourages their father to involve himself more closely with his offspring. *1964* Text
6.15 Honey, I Shrunk the Kids: The TV Show
Honey, I'll Be Right Witch You
Wayne upsets some witches. Text
7.00
FILM: Oliver and Company
Voices of Joey Lawrence, Billy Joel, Bette Midler
Animated adventure. An orphaned kitten is taken in by a pack of pickpocket dogs and their human master. *1988*
8.15 Honey, I Shrunk the Kids: The TV Show
Honey, It's Quarkzilla
Quark turns into a monster. Text
9.00 Thunderstone
NEW SERIES Dolly, the Nomads' dog, is found wandering in North Col by Noah.
9.30 Dinosaurs
Prehistoric fun. Text
10.00 Home Improvement
Comedy double bill. Text
11.00 Dr Quinn: Medicine Woman Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SATURDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
by Graham Oliver

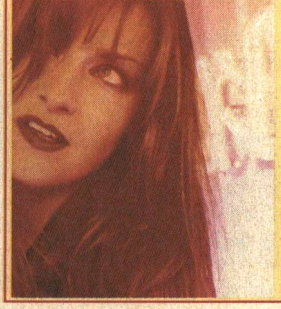
The Mask of Zorro
Sky Premier 8.00pm
Anthony Hopkins, Antonio Banderas and Catherine Zeta-Jones grace the cast of this sumptuously photographed, thrillingly mounted swashbuckler. *GoldenEye*'s Martin Campbell directs with dynamism and James Horner provides an epic, muscular score.

GENERAL
by Sally O'Shaughnessy

Thunderstone
Disney 9.00pm
The second series of this sci-fi hit begins tonight. Having discovered a time-travelling device that enables him to journey from his underground existence in the devastated world of 2020 to 2085, Noah Daniels (Jeffrey Walker) tries to make life better in both worlds.

ADVERTISEMENT

UK PLAY



SOUNDTRACK TO YOUR LIFE
7.00PM
If your life were a movie, what songs would be on the soundtrack? This is the question that Mary Anne Hobbs will be asking different celebrity guests in each episode of this brand new music show.

Saturday 1 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00am Euro 2000
Night Scorers
6.15 Euro 2000
Last Night
7.15 Swimming – LIVE
10.00 Euro 2000
Extra
11.00 Euro 2000
Spirit
12noon Strongest Man
1.00pm Truck Sports
1.30 Formula 3000 – LIVE
Coverage of the FIA Formula 3000 International Championship in Magny-Cours, France.
3.30 Swimming
Coverage of the synchronized swimming duet final from the European Championships in Helsinki.
4.30 Cycling – LIVE
Action from the Tour de France. First held in 1903, this year sees the 87th edition of the competition. The 2000 Tour de France includes 21 stages over a total distance of about 3630 kilometers starting from the Futuroscope, Poitiers.
7.00 Roller Skating
High-speed blading action from the first Inline Downhill World Championships in Zell am See, Austria.
8.00 Stunts
And They Walked Away
A look at some of the most spectacular crashes in motorsports, and the drivers who survived them.
9.00 Boxing
Hard-hitting action from a top international contest.
10.00 SportsCentre
Sports news bulletin.
10.15 Swimming
Highlights of the day's events at the European Championships in Helsinki.
11.15-6.00am Euro 2000
11.15 *The Nightclub Opens*
11.30 *Flashback*
Match montage with music.
11.45 *Night Scorers*
12midnight *By Night* 1.00am *Your Match I* 2.00 *Flashback* 2.15 *The Protectors* 2.30 *Flashback* 2.45 *Night Scorers* 3.00 *By Night* 4.00 *Flashback* 4.15 *The Protectors* 4.30 *Your Match II* 5.30 *Flashback* 5.45-6.00am *The Protectors*

SKY SPORTS 1
PREMIUM CHANNEL

6.00am Aerobics Oz Style 6.30 Extreme Sailing 7.00 Sky Sports Centre 7.30 Racing News 8.00 Ford International Rugby Union: New Zealand v Scotland – Second Test – LIVE 10.30 Australian Rugby League – LIVE 12.30pm Gillette World Sport Special 1.00 Ford International Rugby Union: New Zealand v Scotland Second Test
3.00 Euro Tour Golf: Murphy's Irish Open – LIVE
The action reaches its third day at Ballybunion Golf Course in County Kerry. Last year's event undoubtedly belonged to rising Spanish star Sergio Garcia as he won the title by three strokes from Argentinean Angel Cabrera. Garcia shot a total of 268 to claim his first professional win in his sixth tournament since joining the paid ranks in April 1999.
6.00 Speedway: Poland Grand Prix – LIVE
Enjoy the latest explosive leg in the Speedway Grand Prix season. The action comes from Wroclaw in Poland as a top-class field, including reigning world champion Tony Rickardsson, goes in search of maximum points.
9.00 Saturday Fight Night: Michael Brodie v Mustafe Hame – LIVE
Paul Dempsey hosts the latest boxing action from the European Super-Bantamweight Championship between Michael Brodie and Mustafe Hame. With commentary from Ian Darke and Glenn McCrory.
11.30 Test Cricket: England v West Indies – Second Test
Action from Lord's on day three. With David Gower.
1.00am Saturday Fight Night: Michael Brodie v Mustafe Hame 3.30 WWF: Late Night – Smackdown 5.25 Premiership Shorts: Favourite Goal – David Beckham 5.30-6.00am Gillette World Sport Special

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Sports Unlimited 7.00 Aerobics Oz Style 7.30 Max Power 8.30 Racing News 9.00 Soccer AM 12noon Big Fight Special 2.00pm Pool: World Pool Championships – LIVE
Cardiff International Arena is the venue for coverage of the World Pool Championships. The event features 96 players from across the globe competing for the sport's biggest prize purse of $250,000. Among the international stars competing is defending champion Efren Reyes of the Philippines.
5.30 Extreme Sailing
The most daring seafarers in action risk life and limb for their craft.
6.00 Ford International Rugby Union: New Zealand v Scotland – Second Test
Highlights of the encounter between New Zealand and Scotland as the All Blacks aim to further reassert their status as one of the world's best sides.
Repeat from Sky Sports 1
8.00 Ford Golf USA: US Senior Open – LIVE
This year's US Senior Open continues on day three with action from the Saucon Valley Country Club in Pennsylvania. Dave Eichelberger was last year's champion, joining a list of previous winners that includes Billy Casper, Gary Player and Jack Nicklaus.
11.00 Ford Golf USA: Canon Greater Hartford Open
Action from day three at the TPC at River Highlands in Cromwell.
1.00am Euro Tour Golf: Murphys Irish Open
Action from day three at the Ballybunion Golf Club.
3.00 Johnny Mowlem Porsche Travels 3.30 Australian Rules Football 5.30-6.00am Moto Plus

SKY SPORTS 3
PREMIUM CHANNEL

10.00am Ford Golf USA: US Seniors Open and Greater Hartford Open
A double bill of golfing action featuring a gallery of stars from yesteryear and today.
1.00pm Australian Rules Football
Dynamic action from the exhausting 22-match Premiership season of the Australian Football League.
3.00 Australian Rugby League
The mighty Brisbane Broncos are the team to beat, having set the early pace in the new Australian rugby league season.
5.00 Super League Match – LIVE
7.00 Pool: World Pool Championships – LIVE
Coverage of the second session on the opening day of this year's World Pool Championships at the Cardiff International Arena. The tournament is the biggest ever staged, offering a prize of $60,000 to the eventual winner.
10.00 World Wrestling Federation: Late Night – Smackdown
Jim Ross, Kevin Kelly and Michael Cole host another bout of uncut rough and tumble action.
11.55-12midnight Premiership Shorts: Favourite Player – Eric Cantona

SCI-FI
ACTION PACK

8.00am Deepwater Black 8.30 Deepwater Black 9.00 The Incredible Hulk 10.00 Lost in Space 11.00 The Six Million Dollar Man 12noon FILM: The Brain Eaters
Jack Hill, Ed Nelson
Sci-fi thriller. *1958*
1.20pm Planet of the Apes 2.20 Cybernet
3.00 Robocop
Corporate Raiders
RoboCop and Officer Madigan are assigned to bring in a charming former terrorist.
4.00 Deepwater Black
Awakening
4.30 Deepwater Black
Lullaby
5.00 The Net
Zero
Angela and Jacob uncover a drug operation that threatens to finally expose the Praetorians.
6.00 The Crow: Stairway to Heaven
Lazarus Rising
Dr Dorsett presents Draven with an offer from the Lazarus Group.
7.00 The Burning Zone
Critical Mass
Cassian's team investigates a bizarre syndrome brought to Earth by a meteorite.
8.00 FILM: The Sky's on Fire
John Corbett, Josie Bissett, Bradley Whitford
Sci-fi drama. A sudden depletion in the Earth's ozone layer over the Californian coast threatens the very existence of the human race as temperatures start to rise to unbearable levels. *1988*
10.00 FILM: Memory Run
Karen Duffy, Saul Rubinek, Matt McCoy
Thiller. An innocent man is convicted of the murder of a woman. In a macabre punishment, his brain is transplanted into the body of the murder victim. *1996*
11.40 Sci-Focus Special
12midnight FILM: Space Adventure Cobra
Barbara Goodson
Sci-fi action. *1995*
2.00am Perversions of Science 2.30 The Ray Bradbury Theatre 3.00-4.00am Lost in Space

MTV
MUSIC & GAMES PACK

6.00am Select MTV 8.00 The Grind 9.00 Total Request 10.00 European Top 20
Check out the hottest tracks in the Continental charts.
12noon News Weekend Edition 12.30pm Select MTV
Richard Blackwood presents three hours of viewers' calls plus guest appearances.
3.30 Weekend Edition
Catch up with the week's showbiz news.
4.00 Bytesize MTV
A constant barrage of bizarre moments from different MTVs around the world, presented in short soundbites.
7.00 Weekend Edition
The week's music news.
7.30 MTV Movie Special: Mission: Impossible II NEW
Spotlight on the film.
8.00 Making the Video: Metallica NEW
8.30 Ultrasound: Will Smith NEW
A look at the rise and rise of the star.
9.00 Celebrity Death Match
A double helping of claymation mayhem in which celebrities fight to the bitter end.
10.00 Biorhythm: Oasis
The focus turns to Britain's biggest rock band.
10.30 Fashionably Loud
11.00 Making the Video: Thong Song by Sisqo
11.30 The Tom Green Show
Anarchic humour.
12midnight The Lick R&B Chart Show
Presented by Trevor Nelson.
1.00am MTV Dance Floor Chart Show
June Sarpong delivers the news from the nation's clubs.
2.00 Hit List UK 3.00 Chill Out Zone 5.00-6.00am Night Videos

LIVE SATURDAY FIGHT NIGHT: MICHAEL BRODIE V MUSTAFE HAME SKY SPORTS 1 9.00PM

Britain's highly regarded junior featherweight Michael Brodie (pictured) goes into the ring tonight as firm favourite in this European Super-Bantamweight Championship contest against Mustafe Hame of France. The 26-year-old Manchester-born fighter is rated in the top ten by all three major boxing authorities, and his chance of a world title fight will depend on his performance this evening. Paul Dempsey is the host while Ian Darke and Glenn McCrory provide ringside commentary.

PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Intimate Sessions 10.45 Adult Stars Close-Up 12midnight Freeview 12.12am The Truck 12.40 Sam Gets Her Girl 1.00 FILM: Bliss 2.20 Dr Anna St John 2.45-4.00am FILM: Unmistakably You

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight Preview 12.10am Suburban Tales 12.20 Search 12.45 FILM 1.00 Freeview 1.05 FILM continues 2.00 Freeview 2.05 Exposed 2.15 Eastern Nights 2.30 FILM 3.00 Freeview 3.05 FILM continues 3.40-4.00am Sex Audition

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Saturday 1 July

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 8.00 Emma 9.00 Talk Music 9.30 Greatest Hits: 1970s 10.00 It's the Weekend with Jules and Gideon 11.00 The Millennium Classic Years: 1982 12noon The Ed Sullivan Show: The British Invasion 1.00pm The VH1 Album Chart Show 2.00 It's the Weekend with Jules and Gideon

3.00 Classic Hits Weekend
Theme weekend featuring the best moments from the golden years of music, when The Verve were Wigan schoolboys and the Spice Girls' Emma Bunton was still acting in Milky Bar commercials. From Bruce Springsteen to Sister Sledge, they're all in the *Classic Hits Weekend.*

7.00 The Millennium Classic Years: 1978
A look back at the year that Barry Manilow's song *Copacabana* won him a Grammy Award.

8.00 It's the Weekend with Jules and Gideon
News, releases, interviews and live performances from the VH1 Studios.

9.00 Classic Albums: Jimi Hendrix – Electric Ladyland
An insight into the life, work and musical genius of a rock legend.

10.00 Behind the Music: The Mamas and the Papas
Documentary featuring interviews with the remaining band members.

11.00-6.00am Dancing in the Streets Disco All Nighter
Disco hits all the way through the night with the likes of Gloria Gaynor, James Brown, Sister Sledge, Dee-Lite and Ultra-Nate.

ANIMAL PLANET
WORLD PACK

12noon Crocodile Hunter
The Crocodile Hunter – Part I
12.30pm Crocodile Hunter
The Crocodile Hunter – Part II
1.00 Emergency Vets
Stories from Alameda East Veterinary Hospital in Denver.
1.30 Emergency Vets
More veterinary heroics.
2.00
Cousins beneath the Skin
Toolmakers and Apprentices

3.00 Cousins Beneath the Skin
Ntolohi, the Political Animal
The story of a chimpanzee who ruled his group using violence and diplomacy.

4.00 Telefaune
Spiders and Insects
A film exploring wildlife in the South of France.
4.30 Telefaune
Reptiles and Amphibians
5.00 Crocodile Hunter
Where Devils Run Wild
An adventure through the rugged terrain of Tasmania, searching for evidence of the Tasmanian tiger.
6.00 The Aquanauts
This edition features a close encounter with a great white shark in South Africa.
6.30 The Aquanauts
Marine exploration series.
7.00 Wild Rescues
Incredible tales of people saving animals and animals saving people.
7.30 Wild Rescues
Incredible rescue stories.
8.00 Wildlife Police
Anna Walker investigates hare coursing.
8.30 Wildlife Police
The RSPCA tackles the problem of illegal dog fights.
9.00 Game Park
Life and Death
Documentary following the dedicated workers in the Hluhuwe Umfolozi Park in South Africa.
10.00 Crocodile Hunter
The Crocodile Hunter Goes West – Part I
10.30 Crocodile Hunter
11.00 The Aquanauts
Troubled teenagers are encouraged to get involved in marine conservation.
11.30-12midnight The Aquanauts

CABLE CHECK
Some of the channels listed may not be available in your area

ITV2
ACCESS PACK

9.25am Board Wild
10.00 High Five
10.30 ISKA Karate
11.00 The Extremists
11.30 Extra Time with Ron Atkinson
12noon High Five
12.30pm ISKA Karate
1.00 Trisha
A triple bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text

4.00 Wrestling
UK professional wrestling returns to TV after a 12-year absence in this unique contest between Britain and the USA.
5.00 Wrestling
The battle continues, with each country determined to prove that it is number one in the rough-and-tumble wrestling world.
6.00 Total Action
Sports magazine featuring action from a range of exciting and offbeat sports in 15-minute segments, with on-screen graphics.

8.00 Cracker
Brotherly Love – Part I
A Catholic father of four is arrested after a prostitute is found murdered. With Robbie Coltrane.
9.00 Cracker
Brotherly Love – Part II
Fitz accuses his brother of murder, while Maggie Harvey demands that her husband is released.
10.00 Cracker
Brotherly Love – Part III
Penhaligon acts as bait to catch the killer, while Fitz pushes Beck to the edge with his version of the truth.
11.00 The Waiting Time
Post-Cold War thriller based on Gerald Seymour's best-selling novel. With John Thaw and Zara Turner. Text
12.30am Videotech
The latest chart videos and news from the music world.
1.00 Planet Rock Profiles
1.30-2.00am Planet Rock Profiles

UK STYLE
LIFESTYLE PACK

7.00am Can't Cook, Won't Cook 7.30 Ready, Steady, Cook 8.00 House Invaders 8.30 The House Doctor 9.00 Antiques Roadshow US 10.00 Travel Xpress 10.30 Travel Xpress 11.00 Holiday Guide To... 12noon Holiday on a Shoestring 12.30pm Looking Good 1.00 á la mode 1.30 Two Fat Ladies 2.00 Ainsley's Meals in Minutes 2.30 Delia Smith's Summer Collection

3.00 A Taste of Africa
Ghana
3.30 Fresh Food
Rick supplies low-fat diet ideas to rugby league stars the Bradford Bulls.

4.00 Can't Cook, Won't Cook
Young cooks are helped to create a delicious meal.
4.30 Ready, Steady, Cook
5.00 House Invaders
Yardley
5.30 The House Doctor
The show that tells you how to improve your home.
6.00 Antiques Roadshow US
Among the rare finds are an early 19th century military rifle and a document signed by George Washington.
7.00 Travel Xpress
Laura Green goes truffle-hunting in Umbria.
7.30 Travel Xpress
Trish Williamson goes on safari in Africa.
8.00 Holiday Guide To...
France
Travel series presented by Craig Doyle from the south-west coast of France.
9.00 Holiday on a Shoestring
9.30 Looking Good
Lowri Turner presents the fashion and beauty series for women.
10.00 á la mode
This programme features the exotic haute couture designer Christian Lacroix.
10.30 Two Fat Ladies
Benedictine Nuns
11.00 Ainsley's Meals in Minutes
With Ainsley Harriott.
11.30 Delia Smith's Summer Collection
Bright Meals for Rainy Days
12midnight A Taste of Africa
Ghana
Dorinda Hafner concludes her exploration of the cuisine and cultures of Africa.
12.30am-1.00am Fresh Food
Presented by Rick Stein.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Esther 7.30 Badlands 8.30 Shadow of the Hare 9.00 The Wolf Man 10.00 A Rough History Of...10.30 Flightpaths to the Gods 11.30 A Rough History Of... 12noon Tomorrow's World Plus 1.00pm Dinosaurs in Your Garden Text 2.00 The Wolf Man

3.00 Flying Foresters
A look at fruit bats, or flying foxes, which are intelligent, social animals and are distantly related to Homo sapiens.

4.00 Badlands
Natural World
The story of the private life of the prairie dog through unique film of the animal above and below ground.
5.00 Top Gear GTi
The *Top Gear* team presents a specially extended edition of their show.
6.00 Full Circle with Michael Palin
Alaska and Russia
The former *Monty Python* star begins his journey in the Bering Strait. Text
7.00 Money, Money, Money
For Richer for Poorer
7.30 Mysteries
Real-life mystery stories from around the world. Text
8.00 The Human Body
Life Story
Series on the seven ages of existence, using state-of-the-art photography and medical imaging.
9.00 Michael Palin's Hemingway Adventure
Michael Palin visits Cuba, where Hemingway lived for more than 20 years. Text
10.00 UFOs and Aliens
Saucer Tech
A look at the Phoenix Lights, the most recent mass UFO sighting.
11.00 999
Dramatic reconstructions.
12midnight Jailbirds
Through the Gates Text
12.30am-1.00am Jailbirds
Inside Out Text

UK PLAY:
1.00am The League of Gentlemen 1.35 The League of Gentlemen 2.10 The Fast Show 2.45 The Fast Show 3.20 Stella Street 3.30-7.00am The Joy of Decks

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am First Taste 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 A Year at Ballymaloe 9.30 Power Food 10.00 In Season 10.30 For Better, for Worse 11.00 A Slice of the Action 11.30 Picture This 12noon Chez Bruno 12.30pm Ross in Thailand 1.00 Coxon's Kitchen College 1.30 From the Ground Up 2.00 Food Network Daily 2.45 Quick Cooks

3.00 A Year at Ballymaloe
Poached mackerel with Bretonne sauce.
3.30 Costa del Nosh
With Mick and Nick Nosh.
4.00 For Better, for Worse
The Newby family makes a sardine salad.
4.30 Cucina Valentina
Pasta NEW SERIES
5.00 Superchefs
More chefs battle it out.
5.30 Chez Bruno
6.00 Coxon's Kitchen College
6.30-7.00pm Antony's Morocco

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Amazing Creatures: A Living Dragon
7.30 The Stranded Seal
Veterinary heroics.
8.00 Panama Wild
Discover how an island in the Panama Canal has become a scientific outpost dedicated to the study of rainforest life.
9.00 The Secret Leopard
An award-winning film revealing the family life of Africa's most charismatic animal, the leopard.
10.00 World of Clones
A film in which advanced cinematography provides an insight into the fascinating miniature world of insect societies.
11.00 African Rhinos: A Dilemma in Black and White
A profile of the animal which can run faster than an Olympic sprinter.
12midnight-1.00am Toothwalkers: Giants of the Arctic Ice
Travel to the Arctic to discover more about the walrus which, despite being famous for its massive bulk and sabre-like tusks, retains a mystery for man.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Strike it Lucky
With Michael Barrymore.
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
Big-money gameshow.
7.00 Beadle's About
7.30 Winner Takes All
Hosted by Bobby Davro.
8.00 Stars in Their Eyes
9.00 Whittle
9.30 Strike it Lucky
10.00 Endurance UK
10.30 Family Fortunes
11.00 Gladiators
12midnight Beadle's About
12.30am Stars in Their Eyes
1.00 Candid Camera
1.30 Absolute Cobblers
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
More tough mental and physical challenges.
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Time Team 7.00 Screaming Reels 7.30 Hooked on Fishing with Paul Young 8.00 How to with B & Q 8.05 Deals on Wheels 8.35 Our House Down Under 9.05 Hometime 9.35 Hometime 10.05 How to with B & Q 10.10 Total Fishing with Matt Hayes 10.40 Fishing Australia 11.10 Go Fishing 11.40 Last in the League NEW SERIES
12.10pm How to with B & Q 12.15 The House 12.45 The House 1.15 Deals on Wheels 1.45 The New Yankee Workshop 2.15 How to with B & Q 2.20 Village Green NEW SERIES 2.50 Fishing with Paul Meredith 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Adrenalize 10.30 That Film Show 11.00 Byte Me 11.30 Chilli Factor 12noon High Adrenalin Action 12.30pm Fearless 1.00 Surf Film 2.00 e-trippers 2.30 High Adrenalin Action 3.00 Trainspotters 99 4.00 Ibiza 2000 4.30 Scratch TV 5.00 Chilli Factor 5.30-6.00pm That Film Show

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Saturday 1 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Tabaluga 5.30 Blinky Bill 6.00 Fly Tales 6.30 Flying Rhino Junior High 7.00 Fat Dog Mendoza 7.30 Ned's Newt 8.00 Mike, Lu and Og 8.30 Ed, Edd 'n' Eddy 9.00 Dexter's Laboratory 9.30 The Powerpuff Girls 10.00 Angela Anaconda 10.30 Cow and Chicken 11.00 Johnny Bravo 11.30 The Mask 12noon Euro Toon Thousand 2.00pm I Am Weasel 2.30 Courage the Cowardly Dog

NICKELODEON
FAMILY PACK

7.00am Jumanji 7.30 The Three Friends... and Jerry 8.00 SpongeBob Square Pants 8.30 Kenan and Kel 9.00 Rugrats 9.30 Rocket Power 10.00 Angry Beavers 10.30 Hey Arnold! 11.00 Cousin Skeeter 11.30 Sabrina the Teenage Witch 12noon Rugrats 12.30pm Rugrats 1.00 Rugrats 1.30 Rugrats 2.00 Renford Rejects 2.30 Renford Rejects

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Happy Ness 7.30 Princess Sissi 7.55 Princess Starla 8.20 Sailor Moon 8.45 Digimon 9.10 Digimon 9.35 Spiderman 10.00 New Addams Family 10.20 Casper 10.30 Goosebumps 11.00 Dennis and Gnasher 11.30 Ace Ventura 12noon It's Your Call: Goosebumps v Princess Sissi 1.15pm Inspector Gadget 1.45 Walter Melon 2.10 Life with Louie 2.35 Donkey Kong Country

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.30 Talk 8.00 Weekend 9.00 News 10.30 Talk 11.00 News 11.30 Australia 12noon News 12.30pm Seven 1.00 News 2.30 Talk 3.00 News 3.30 Face 4.00 News 4.30 Movies 5.00 News 5.30 Euro 2000 6.00 News 6.30 Euro 2000 7.00 News 7.30 Euro 2000 8.00 News 8.30 Australia 9.00 News 9.30 Talk 10.00 News 10.30 Euro 2000 11.00 News 12.30am Seven 1.00 News 2.30 Australia 3.00 News 3.30 Movies 4.00 News 4.30 Reporters 5.00 News 5.30-6.00am Talk

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Health 6.30 Business 7.30 World Beat 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 CNNdotCOM 12.30pm Moneyweek 1.00 Report 2.30 Health 3.30 Sport 4.30 Golf 5.00 Africa 5.30 Business 6.30 Hotspots 7.30 World Beat 8.30 Style 9.30 Artclub 10.30 Sport 11.00 World 11.30 Europe 12.30am Showbiz 1.00 WorldView 1.30 License 2.00 Larry King 3.00 World 3.30 Both Sides 4.30-5.00am Evans, Novak, Hunt & Shields

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Technofile 10.30 Showbiz 11.30 Fashion TV 12noon Sky News Today 1.30pm Answer the Question 2.00 Sky News Today 2.30 Week in Review 3.30 Showbiz 4.30 Technofile 5.00 Live at Five 7.30 Sportsline 8.30 Answer the Question 9.30 Fashion TV 10.00 Sky News at Ten 12.30am Showbiz 1.30 Fashion TV 2.30 Technofile 3.30 Week in Review 4.30 Answer the Question 5.30-6.00am Showbiz

INTERNATIONAL

SAT1 5.05am Blitz 5.40 Simon Templar 6.35 Jumanji 7.05 Fantastic Max 7.35 Schlümpfe 8.05 Rugrats 8.35 Der Regenbogenfisch 9.05 Scooby-Doo Show 9.35 Tom and Jerry Kids Show 10.05 Family Feuerstein 10.35 Bugs Bunny 11.05 Men in Black 11.35 Die Peanuts 12noon Heartbreak High 1.00pm Raumschiff Enterprise 2.00 Star Trek 3.00 Das Netz 4.00 Voll Witzig! 4.30 Nachrichten 5.00 Verrückte Welt 5.45 Alf 6.15 Der Dicke und der Belgier 6.45 Hausmeister Krause 7.15 The Pest 9.05 Die Wochenshow 10.05 Die Wochenshow 10.40 Der Dicke und der Belgier 11.10-12.55am FILM: Fatal Passion

TV5 5.00am Journal 5.15 Journal des Journaux 6.00 Infos 6.05 Zaps 6.30 Zaps 7.00 Journal 7.30 Zaps 8.00 Infos 8.05 Archimède 9.00 Journal 9.15 De Cause à Effet 9.30 Branché 10.00 Faut pas Rêver 11.00 Infos 11.05 Carnets du Bourlingueur 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Reflets 2.00 Un Siècle d'Ecrivains 3.00 Journal 3.15 Questions 3.30 Sport 4.00 Infos 4.05 Pyramide 4.30 Pour un Champion 5.00 Journal 5.15 Vélo Club 6.00 Gourmands 6.30 Info 7.00 Journal 7.30 Journal et le Journal du Temps 8.00 Infos 8.05 Thalassa 9.00 Journal 9.15 La Vie à l'Endroit 11.00 Résumé Euro 2000 11.30-12midnight Le Journal du Tour

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 8.00 Sant Darshan 9.00 Cultural Heritage 11.00 Interactive Live 12noon News 12.30pm Sansaar 1.00 Pakistan This Week 1.30 FILM 4.00 Gehra Paani 5.00 MTV 123 6.00 Ek Mulaqat 6.30 Music Fusion 7.00 MTV Hitlist 8.00 Kabhie Kabhie 8.30 Junoon 9.00 FILM 12midnight MTV Hitlist 1.00am FILM 4.00 Kabhie Kabhie 4.30 Junoon 5.00 Gehra Paani 6.00 Balcony 6.30 DD Programme 7.00-7.30am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Yeh Hai Bombay Meri Jaan 6.30 Shabads 6.45 Holy Quran 7.00 Faith: Swami Narayan 7.30 News 8.00 Pakistan Business Week 8.30 Janam 9.00 Choti Choti Baatein 9.30 Quiz 10.00 Entertainment Express 10.30 Gubbare 11.30 Khana Khazana 12noon FILM 3.00pm Show Time 4.00 Sofia 5.00 Khoobsurat 5.30 Rishtey 6.30 Hum Paanch 7.00 Callmate 8.00 News 8.30 FILM 11.30 Super 7 Muqabla 12midnight Punjabi News 12.15am News 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Aur Ek Minute 5.30-6.00am Gane Anjane

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 700 Club 6.00 CMTV 7.00 Jack Van Impe Presents 7.30 Kids Club 8.00 Donut Man 8.10 Colby's Clubhouse 8.40 Gospel Bill 9.05 This Generation 9.35 Jesse 10.00 CMTV – Scene Dock 10.30-11.00am Fast Forward

BLOOMBERG
WORLD PACK

2.15am City Diary 3.45 Clips 4.45 European Weekly Review 5.00 Market Movers 5.15 City Diary 5.45-6.00am Spread Your Bets

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 10.00 Scottish Parliament 2.00pm Prime Minister's Questions 2.30 Hearts and Minds 3.00 Welsh Assembly 6.30 Parliament 11.30-12midnight Straight Talk

3.00 PM

DISCOVERY
WORLD PACK

4.00pm
Pole Position
Documentary exploring the world of NASCAR racing from the perspective of those involved in it.

4.00 PM

5.00 Stealth – Flying Invisible
Programme exploring stealth aircraft technology, featuring Pentagon footage and interviews with pilots.

5.00 PM

6.00 Wheels of Steel
An examination of the way that trains have developed from lumbering hulks into today's formidable, fast-moving machines.

6.00 PM

7.00 Super Structures
Cheyenne Mountain – Sentinel of the Skies
A visit to NORAD, America's air defence and control centre.

7.00 PM

8.00 On the Inside – World Series of Poker
A film following card players from all over the world as they gather for the Poker World Series competition.

8.00 PM

9.00 Great Quakes
Kobe
Interviews with survivors and seismologists help tell the tragic tale of the 1995 Kobe earthquake.

9.00 PM

10.00 In the Mind of Daredevils
A profile of six thrill-seekers, whose hobbies include solo rock climbing, high-wire walking and base jumping.

10.00 PM

11.00
Forensic Detectives
Body Count
A look at how forensic science has made it easier to catch serial killers.

11.00 PM

12midnight Lonely Planet
Arctic Canada
Ian Wright travels to northern Canada, whose northernmost point is only fifty miles from the North Pole.
1.00am-2.00am Battlefield
The grim military reality of the Vietnam War.

12.00 NIGHT TIME

3.00
Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30 Ned's Newt
Reptilian adventures.
4.00
The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Ed, Edd 'n' Eddy
The adventures of the trio of namesakes with a fondness for jawbreakers.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Hang out with the cavemen behaving badly in Bedrock.
7.00 Scooby-Doo
The mutt and his pals try to foil another spooky scam.
7.30 Looney Tunes
8.00 Mike, Lu and Og
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm FILM: Lolita
James Mason, Shelley Winters, Sue Lyon
Stanley Kubrick drama adapted from the controversial novel by Vladimir Nabokov. A stuffy, middle-aged European professor living in the US becomes infatuated with a pubescent girl, marries her mother in order to be closer to her and then seduces the girl. Widescreen *1962*
12midnight-1.00am James Cagney – Top of the World

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

3.00 Kenan and Kel
The adventures of two funky friends.
3.30 Kenan and Kel
With Kenan Thompson and Kel Mitchell.
4.00 Sister Sister
Twice the comedy and four times the fun.
4.30 Sister Sister
Fun with the terrible twins Tia and Tamera.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Cheers
The Improbable Dream – Part I
Comedy series.
8.30 Mad About You
The Finale – Part III
9.00 FILM: Postcards From the Edge
Meryl Streep, Shirley MacLaine, Gene Hackman
Hit comedy about the stresses and neuroses of stardom. A movie actress is released from drug rehab and has to move in with her mother, a veteran of the fame game. *1990*
10.55
Ardal O'Hanlon Live
The popular Irish comic caught on stage with a packed audience and his own original style of stand-up comedy.
12.05am FILM: Moscow on the Hudson
Culture-clash comedy. *1984*
2.15 DiResta
2.40 Rex the Runt
2.50 Rex the Runt
3.00
It's Garry Shandling's Show
3.30-4.00am Abbot and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection Round-up of the best sellers. 7.00 Jewellery Shop! 8.00 Kids Shop! 8.30 Entertainment Shop! Video games and consoles. 9.30 Sports Shop! 10.30 Entertainment Shop! 12noon Shop! Outlet Today's special offers. 12.30pm Shop! Selection 1.30 Shop! Special 2.30 Home Shop! 3.30 Kitchen Shop! 4.30 Technology Shop! PC packages and advice. 5.30 Shop! Preview 6.00 Shop! Selection 7.00-7.30pm Home Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows. Saturdays: The best of the week and children's programming. Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

THE HISTORY CHANNEL
WORLD PACK

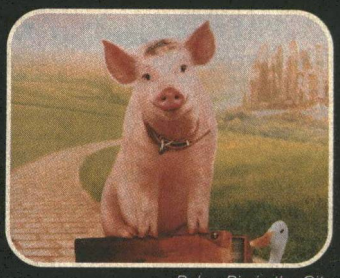
12noon Rome – The Ultimate Empire
12.55pm Photos for the Future II
1.00 Tales from the Tower
2.00 Biography *Wallis Simpson*
3.00 Great Crimes and Trials
3.30 Brute Force
4.00 History's Greatest Blunders
4.30 History's Greatest Blunders *The Sinking of the Andrea Doria*
5.00 Project Cancelled *Seamaster*
6.00 The Hindenburg *Airborne Luxury*
7.00 Biography *Joan Crawford*
8.00 Century *Disaster*
9.00-10.00pm Reincarnation

TV TRAVEL SHOP
BONUS CHANNEL

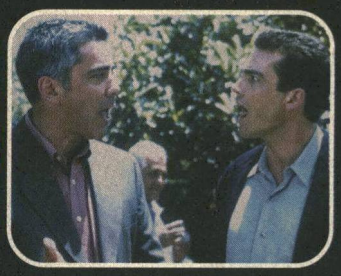
A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlights are Silver Style at 2.00pm and Seymour Mann Dolls at 6.00pm.



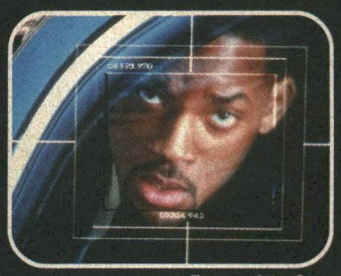
Babe: Pig in the City



With Friends Like These

Practical Magic

Together they're unbeatable



Enemy of the State

With Sky Premier and Sky MovieMax you're looking at the ultimate film package. You'll see award winning blockbusters, high-tension thrillers, cutting-edge comedies and much, much more. And when you subscribe to Sky Premier and Sky MovieMax you'll also get two fantastic bonus channels absolutely FREE! Sky Cinema, specializing in timeless classics and Disney Channel, the ultimate family feast.

For an unbeatable combination call

SKY PREMIER

0800 068 2647 and upgrade today!

SKY MOVIEMAX

Sunday 2 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Directors
6.55
Under the Lighthouse Dancing
1996, rating Sky PG, DS, 90 mins
8.30 The Alamo: 13 Days to Glory
1987, rating Sky PG, 160 mins
11.15 Bedknobs and Broomsticks
1971, rating Sky PG, 112 mins
1.15pm
Under the Lighthouse Dancing
1996, rating Sky PG, DS, 90 mins
2.50 The Journey of Natty Gann
Meredith Salenger, John Cusack, Ray Wise, Lainie Kazan, Barry Miller
Family adventure set during the Depression. A feisty young girl flees the clutches of her cantankerous guardian to set off in search of her dad and makes friends with a variety of loveable rogues along the way. *1985, rating Sky PG, 97 mins*

4.30 The Barry Norman Interview with Danny Boyle
5.00 Bedknobs and Broomsticks
Angela Lansbury, David Tomlinson, Roddy McDowall
Family adventure. An amateur witch plans to help the British war effort during World War II and her meddling takes her and the children she is caring for on a magical adventure on the bottom of the sea. *1971, rating Sky PG, 112 mins*
7.00 Air Bud
Michael Jeter, Kevin Zegers, Wendy Makkena, Bill Cobbs
PREMIERE Family adventure. An unfunny clown, tired of being upstaged by his golden retriever, abandons his faithful friend. But the dog lands on his feet when he is befriended by a lonely boy who discovers that his new pal has a very unusual talent. Text *1997, rating Sky U, DS, 94 mins*
9.00 Saving Private Ryan
Tom Hanks, Tom Sizemore, Edward Burns, Matt Damon
Award-winning World War II drama which evokes the desperate tragedy of war. A US Army Captain struggles to make sense of the horrors around him as he and his small group of men traverse the bloody front-line battlegrounds of France in search of one young soldier to send home after all his brothers are killed. Text *1998, rating Sky 15, DS, 162 mins*
11.50 The Daytrippers
Hope Davis, Stanley Tucci
Comedy about a family's mission to find the truth behind a son-in-law's alleged infidelity. Text *1996, rating Sky 15, DS, 84 mins*
1.20am I'm Not Rappaport
Walter Matthau, Ossie Davis
1997, rating Sky 15, 130 mins
3.35-5.30am Shooting Fish
British comedy. Text Last Play *1997, rating Sky 12, 99 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

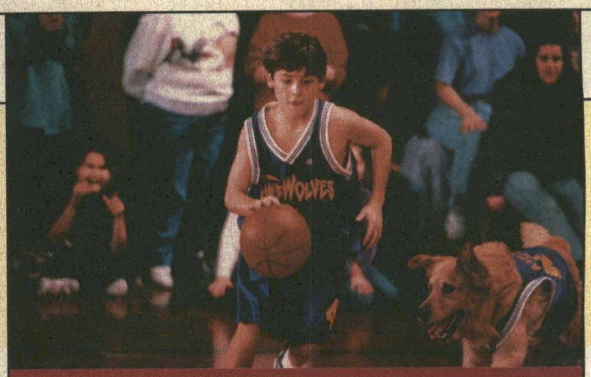
6.00am
Where the Red Fern Grows
1974, rating Sky PG, 97 mins
8.00 Imminent Danger
1998, rating Sky PG, 89 mins
10.00 Glory and Honor
1998, rating Sky PG, DS, 90 mins
12noon
The Hurricane Andrew Story
Ted Wass, Eileen Heckart
1993, rating Sky PG, 92 mins
2.00pm All of It
Lesley Ann Warren, Alanna Ubach, James Rebhorn, Michael Silver
Drama. A woman's visit home opens her eyes to the dysfunctional family life she has left behind and she vows never to fall into the same trap. *1998, rating Sky PG, 81 mins*

4.00 Glory and Honor
Delroy Lindo, Henry Czerny, Bronwen Booth, David Ferry
Biopic about Matthew Henson and Robert Peary's historic trek to the North Pole. Henson began the journey as Peary's valet, but soon proved himself to be the most important member of the entire expedition. *1998, rating Sky PG, 90 mins*
5.45 UK Top Ten
6.00 The Unexpected Mrs Pollifax
Angela Lansbury, Thomas Ian Griffith, Ed Bishop, John Light
Mystery. A widow's dream of becoming a secret agent is fulfilled when she receives an assignment from the CIA. But she soon finds herself embroiled in a plot involving nuclear weapons and a terrorist gang. *1998, rating Sky PG, 87 mins*
8.00 Border Line
Sherry Stringfield, James LeGros, Elizabeth Pena, Lauren Gainer
PREMIERE Thriller. A lawyer representing an international adoption agency in Los Angeles inadvertently discovers that the company is caught up in an underworld of murder and extortion that puts her own child and her own life at risk. *1999, rating Sky PG, 82 mins*
10.00 Cobra
Sylvester Stallone, Brigitte Nielsen, Brian Thompson
Action adventure. A tough cop on the warpath sets out to stop a band of murderous criminals who are threatening to bring the city he lives in to its knees. *1986, rating Sky 18, 83 mins*
11.30 Bachelor Party
Tom Hanks, Tawny Kitaen
Comedy. A school bus driver has a stag night he will never forget. *1984, rating Sky 18, 101 mins*
1.15am Night of the Warrior
1990, rating Sky 18, 95 mins
2.55 Danielle Steel's Heartbeat
1992, rating Sky 12, 89 mins
4.30-6.10am
The Hurricane Andrew Story
1993, rating Sky PG, 92 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am Block-Heads
Stan Laurel, Oliver Hardy
Comedy. Ollie sets out to rescue Stan who is still guarding a trench 20 years after the end of World War I. *1938, rating Sky U, 56 mins*
12noon Strategic Air Command
James Stewart, June Allyson
World War II drama about a baseball player who is recalled to military service. *1955, rating Sky U, 114 mins*
2.00pm The Man Who Shot Liberty Valance
James Stewart, John Wayne, Vera Miles, Lee Marvin, Andy Devine
Western in which a lawyer finds an ally in an old-style cowboy in his fight against a notorious killer. *1962, rating Sky U, 118 mins*

4.05 Destry Rides Again
James Stewart, Marlene Dietrich
Action-packed Western satire. The mild mannered and highly principled sheriff of a small town is determined to tame its rowdy occupants without resorting to violence. However, when his efforts prove fruitless, he finds himself forced to strap on his guns in order to master the mob. *1939, rating Sky U, 91 mins*
6.00 Call Northside 777
James Stewart, Richard Conte, Lee J Cobb, EG Marshall
Drama, based on a true story, about two innocent men who were accused of murdering a policeman and were sentenced to life imprisonment. A reporter investigating the case becomes convinced of their innocence and sets about trying to prove it. *1948, rating Sky PG, 106 mins*
8.00 Rope
James Stewart, John Dall, Farley Granger, Cedric Hardwicke
Classic thriller directed by Alfred Hitchcock. A pair of intellectuals murder a class mate for pleasure and then challenge themselves by inviting friends and family to the apartment for a party afterwards – with the body still on the premises. *1948, rating Sky 15, 77 mins*
10.00 Rear Window
James Stewart, Grace Kelly, Judith Evelyn, Raymond Burr
Alfred Hitchcock thriller. An injured photographer is confined to a wheelchair in his apartment and uses binoculars to spy on his neighbours. One day he witnesses what he thinks is a murder from the window of his flat – but how can he prove it? Text *1954, rating Sky PG, 112 mins*
12midnight
These Are the Damned
1962, rating Sky 18, 91 mins
1.40am 92 in the Shade
1979, rating Sky 15, 87 mins
3.15 The Life and Adventures of Nicholas Nickleby
1947, rating Sky PG, 103 mins
5.05-6.00am Hollywood Hall of Fame: James Stewart



Kevin Zegers's dog Buddy puts some bite into his team's play in the premiere of 'Air Bud'. Sky Premier 7.00pm

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

FILMFOUR
ADD-ON CHANNEL

6.00pm Voyage to the Bottom of the Sea
Walter Pigeon, Robert Sterling, Joan Fontaine, Peter Lorre
Sci-fi adventure about the world's first atomic submarine. When the Van Allen radiation belt catches fire, the Navy Admiral in command of the vessel must find a way to beat the heat before the world goes up in smoke. Text *1961, 101 mins*
8.00 Brazil
Jonathan Pryce, Robert de Niro, Bob Hoskins, Michael Palin
Science fiction drama. A hapless and harried technocrat in a futuristic society clings to his dream of a life where he can escape the tangles of bureaucracy and spend eternity with the woman of his dreams. Then, while rectifying the wrongful arrest of an innocent man, he meets his ideal woman. *1985, 137 mins*
10.30 Desert Hearts
Helen Shaver, Patricia Charbonneau, Audra Lindley
Romantic drama set in Nevada during the 1950s. A woman in the process of getting a divorce arrives on a ranch and soon finds herself increasingly drawn to the ranchowner's daughter. *1985, 87 mins*
12midnight Sleeping Beauties
12.25am Kissed
Molly Parker, Peter Outerbridge
Provocative drama. *1995, 75 mins*
1.45 Eclipse
Von Flores, John Gilbert
Drama. Text *1994, 91 mins*
3.25-6.00am illtown
Michael Rapaport, Lili Taylor
Drama. *1996, 98 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm
A Month of Sundays
Hume Cronyn, Tandy Cronyn, Anna Ferguson, Barry Flatman
Comedy drama about a feisty old-timer living in a nursing home with his best friend who is gradually slipping into senility. Amid the stringent routines of a dull institution, the pair fight for independence and dignity and resist a dull fate. *1989, 90 mins*
9.00
The Last Picture Show
Timothy Bottoms, Jeff Bridges, Cybill Shepherd, Ben Johnson
Oscar-winning drama evoking the listless decay of small town life in America during the 1950s. A group of teenagers stand uneasily on the threshold of the rest of their lives as the town's last, decrepit cinema is about to close. *1971, 118 mins*
11.15 Mermaids
Cher, Winona Ryder, Bob Hoskins, Christina Ricci
Comedy drama about a woman and her two daughters who move on to another town every time the mother finds a relationship getting too serious. *1990, 106 mins*
1.15am Eyes of Laura Mars
Faye Dunaway, Tommy Lee Jones
Chilling drama. *1978, 103 mins*
3.15 Turk 182!
Urban comedy. *1985, 98 mins*
5.00-7.00am Dakota Incident
Western. *1956, 88 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

MY FAVOURITE MARTIAN
Rating PG, 90 mins
Comedy. A Martian crashes his spaceship on Earth and is pursued by an ambitious television reporter. Stars Jeff Daniels, Christopher Lloyd and Elizabeth Hurley.
T/C: Comedy, sci-fi fantasy.
BL: Infrequent, mild.
S/N: Once, mild, comic nudity.
V: Infrequent, mild horror.
6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm

Channel 51 Evening

THE FACULTY
Rating 15, 101 mins
Sci-fi thriller. A group of kids finds that their teachers have been taken over by a group of aliens who are bent on world domination. Stars Jordana Brewster, Clea DuVall and Laura Harris.
T/C: Sci-fi, horror.
BL: Frequent, strong.
S/N: Once, moderate.
V: Frequent, moderate.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

8MM
Rating 18, 119 mins
Thriller. A surveillance specialist is hired to find out the truth about a sordid video found in a dead man's effects. Stars Nicolas Cage, James Gandolfini and Joaquin Phoenix.
T/C: Thriller, snuff movies.
BL: Frequent, strong.
S/N: Frequent, strong, fetish.
V: Frequent, strong.
6.15pm, 8.30pm, 10.45pm, 1.00am, 3.15am

Channel 53

ONE TRUE THING
Rating 15, 123 mins
Family drama. A woman quits her job and relationship to nurse her dying mother and in the process she learns much she didn't know about her parents and her own life. Stars Renée Zellweger and Meryl Streep.
T/C: Family drama, cancer.
BL: Occasional, strong.
S/N: None.
V: None.
6.40pm, 9.00pm, 11.20pm, 1.40am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Hour of Power 7.00 Tintin 7.30 Rescue Heroes 8.00 Mega Babies 8.30 Pokémon 9.00 The Simpsons Text 9.30 Mummies Alive 10.00 Roswell Conspiracies 10.30 Starship Troopers 11.00 WWF – Metal 12noon WWF – Superstars 1.00pm America's Dumbest Criminals Text 1.30 America's Dumbest Criminals Text 2.00 Beverly Hills, 90210 Text

3.00 Earth: Final Conflict
Truth
Sci-fi series set after the arrival on Earth of aliens. They have helped the human race but can they really be trusted? Text

4.00 Star Trek: Deep Space Nine
Body Parts
Selling body parts on the Ferengi market to pay off debts proves hazardous. Text

5.00 Star Trek: Voyager
Worst Case Scenario
The Vulcan security chief Tuvok creates a holographic novel based on a theoretical mutiny aboard *Voyager*. Text

6.00 The Simpsons
Bart's Friend Falls in Love
Milhouse falls in love. Text
6.30 The Simpsons
I Married Marge
Marge may be pregnant. Text

7.00
The One and Only: Five
The lads from 5ive play a concert in front of celebrities and their children. Featuring behind-the-scenes highlights.

8.00
Buffy the Vampire Slayer
Never Kill a Boy on the First Date
Buffy dates a boy who is attracted to her lifestyle. Stars Sarah Michelle Gellar. Text

9.00 The X-Files
Chimera
A mysterious series of deaths occurs, involving the appearance of ravens, broken mirrors and a murderous creature. Text

10.00 V.I.P.
A blend of action and humour amidst the glamour and fast-paced life of Hollywood. A small town girl takes over an élite professional bodyguard agency.

11.00 Forever Knight
Avenging Angel
A 13th century vampire living in the modern day metropolis fights against his bloodlust by joining the police force.
12midnight LAPD
Officers spot suspects wanted for extortion offences.
12.30am LAPD
Gangsters use firearms in a crowded restaurant.
1.00 Stand and Deliver
1.30 Chicago Hope
The Ethics of Hope Text
2.30-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am The Two Ronnies
6.50 Angels
7.20 Angels
7.50 The Liver Birds
8.25 Blake's 7
9.25 Dr Who Omnibus
11.00 Dynasty Omnibus
12.55pm
FILM: The Magnificent Two
Eric Morecambe, Ernie Wise
British comedy. *1967*
2.50 The Bill Omnibus
Keane uses information from a friend to make himself look good in a CID drugs bust. Information from an unsuspecting wife makes her husband look like a prime suspect for a serial killer – but can the leads be followed without alerting either of them? Meanwhile, a killer of a different kind, who ran down two people in a drink-driving tragedy, is assaulted. A relative of one of the deceased is suspected but creates a dilemma for the officers on how best to serve justice. In another incident, a mother's grief may have had fiery consequences.
5.20
Keeping Up Appearances
Sitcom. An amateur musical production creates local intrigue.

6.00 Lovejoy
The Ring
Lovejoy tricks Lady Jane into taking part in an illegal bidding ring at a picture auction. However, it's a move which then threatens their relationship. Text
7.05 Yes, Prime Minister
The Bishop's Gambit
Political sitcom. Text
7.45 2point4 Children
And Now the Screaming Starts
Sitcom about typical suburban family life.
8.25
Only Fools and Horses
It's Only Rock and Roll
The music business proves a tough one to crack. Text
9.05 dinnerladies
Catering
Bittersweet sitcom about a group of dinner ladies in a canteen.
9.40 dinnerladies
Trouble
A dinner lady's husband leaves her while two other relationships are flourishing.
10.20 Playing the Field
Drama series about a Yorkshire women's football team. Producing a birth certificate threatens to cause unexpected family upheavals. Text
11.25 Kiss Me Kate
Puppy
Office-based sitcom. Text
12.05am Sunburn
1.10 Only Fools and Horses Text
1.45 The Two Ronnies
2.40 dinnerladies
3.10 dinnerladies
3.45 This Life Text
4.35 Playing the Field Text
5.30-6.00am
Keeping Up Appearances

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Can't Cook, Won't Cook
7.00 Tiny Living
9.00 Forgive or Forget
9.50 Relationship SOS
10.30 Brookside Omnibus
12.30pm
FILM: Little Girls in Pretty Boxes
Swoosie Kurtz, Philip Casnoff
Olympic sports drama. *1997*
2.20 FILM: Stormy Weathers
Cybill Shepherd, Robert Beltran, Charlie Schlatter, Kurt Fuller
Comedy adventure in which a female private eye is hired by a handsome Italian aristocrat to track down a missing relative. In the process, she uncovers an elaborate plot involving drug smuggling, murder and politics. *1992*

4.20 Maury Povich
A double bill of the often very personal talk show dealing with emotional conflicts, hosted by veteran broadcast journalist Maury Povich.

6.00 Plastic Fantastic
Series about people who have undergone plastic surgery.
6.30 Little Miracles
Fly-on-the-wall glimpse at life in a hospital for sick children.
7.00 Real Romance
Heartwarming tales of first meetings and romances.
7.30 Family Confidential
Fly-on-the-wall series looking at the lives of ordinary people.
8.00 Judge Judy
Double bill of the show in which outspoken New York City family court judge Judy Sheindlin presides over a series of real-life cases and conflicts.
9.00 Profiler
Suspense thriller series about Dr Sam Waters, a forensic psychologist with a gift for understanding the criminal mind which often places her in danger.
10.00 Jerry Springer
Double bill of the never less than outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes extremely heated – discussion about relationship issues and alternative ways of living and loving.
11.45-12midnight
Sex Bites
Raunchy late night fun.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Nearest and Dearest 6.30 Nearest and Dearest 7.00 Plus on Plus 7.30 The Two of Us 8.00 How's Your Father? 8.30 Supersonic 9.00 The Persuaders 10.00 The Darling Buds of May 11.00 September Song 11.30 George and Mildred 12noon Nearest and Dearest 12.30pm Nearest and Dearest 1.00 Maggie and Her 1.30 Second Thoughts 2.00 Bonanza

3.00 Classic Coronation Street – The Omnibus
A chance to catch up with the week in Britain's most famous street. After the dramas created by Tracy Langton wanting a dog, she throws the residents of the Street into a very real state of anxiety when she runs away. As the search to bring her home safely gets underway, all anyone can do is to sit and wait for news. But will it be good news? Text
5.30 Bullseye
Darts quiz show hosted by funnyman Jim Bowen. Contestants test their darts skills and general knowledge.

6.00
The Darling Buds of May
The Happiest Days of Your Life – Part I
Gentle period comedy drama series. With David Jason.

7.00
The Benny Hill Show
The internationally-popular British comedian in a series of broad comedy sketches, also featuring his famed Hill's Angels.

8.00 The Agatha Christie Collection
The Seven Dials Mystery
Lady Brent concludes her investigations into the murders of two Foreign Office members.

9.00 The Sweeney
Bait
Police drama series.
10.00
Tales of the Unexpected
10.30-11.00pm
Tales of the Unexpected

GRANADA MEN & MOTORS
ACTION PACK

11.00pm 2 Wheels
Weekly biking magazine.
11.30 Kits 'n' Cruising
The motoring show aimed at fans of kit cars, hot-rods and other specialist vehicles.
12midnight Ice with Jordan
Ex-rapper Vanilla Ice and glamour model Jordan present this motoring series looking at customised cars.
12.30am Drivetime
Vintage Racing Greats '73&'74
A look at the history of motoring.
1.30-2.00am Motor Week
The magazine series which goes inside the motor industry.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.20 Music Time 6.25 Pooh 6.40 Art Play 6.45 Classic Toons 6.55 Spot 7.05 Bite Size 7.20 Circle Time 7.25 Bear 7.50 Olie 8.00 Boy Meets World 8.30 Teen Angel 8.55 Art Attack 9.25 Kids' Awards Update 9.30 Sabrina 10.00 Sabrina 10.30 Sabrina 10.55 Kids' Awards Update 11.00 Sabrina 11.30 Sabrina 12noon Sabrina 12.30pm Sabrina 1.00
FILM: Sabrina the Teenage Witch *1995*
2.30 Mickey Mouseworks

3.00 101 Dalmatians
Canine capers, daring doggy deeds and fast frantic fun. Text
3.30 Timon and Pumbaa
The *Lion King* favourites now have their own series. Text

4.00 FILM: Sabrina the Teenage Witch
Melissa Joan Hart
Spooky stuff is happening to a girl approaching her 16th birthday and she soon discovers that she's actually a witch. She must learn to use the powers to her benefit. *1995*
5.30 Honey, I Shrunk the Kids: The TV Show
Honey, It Takes Two to Mambo
Another wacky invention causes body-switching. Text
6.10 Smart Guy
A smart kid is de-graded.
6.35 Boy Meets World
Singled Out Text

7.00 FILM: Sabrina the Teenage Witch
Melissa Joan Hart
Spooky stuff is happening to a girl approaching her 16th birthday and she soon discovers that she's actually a witch. She must learn to use the powers to her benefit. *1995* Text
8.30 Honey, I Shrunk the Kids: The TV Show
Honey, I'm Rooting for the Home Team Text
9.10 Thunderstone
Becky tries to cover for Noah.
9.35 Dinosaurs
Prehistoric animatronics from the Jim Henson studio. Text
10.00 Home Improvement
This Joke's for You/Blow Up Text
11.00
Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SUNDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
James Stewart Day
Sky Cinema from 12noon
James Stewart captured the hearts of film-goers with his portrayal of the quintessential American everyman in the enchanting *It's a Wonderful Life*. Today, Sky Cinema celebrates this adored actor with a season of such Stewart favourites as *Call Northside 777* and *Rear Window*.

GENERAL
Quatermass
Sci-Fi 12noon, 1.00pm
A chance to enjoy the magic of Sir John Mills playing the British science fiction hero, Professor Bernard Quatermass. In this final mini-series, the ageing professor goes in search of his missing granddaughter and ends up saving the planet from a hostile alien force.

ADVERTISEMENT
UK GOLD

PLAYING THE FIELD
10.25PM
An acclaimed drama about a group of Yorkshire lasses united by their loyalty to each other and their passion for football. As the tale of love, betrayal and tangled relationships unfolds it becomes clear that the team could be beaten by a secret.

Sunday 2 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00am Euro 2000
Night Scorers
6.15 Euro 2000
Last Night
7.15 Swimming – LIVE
9.00 Cliff Diving
9.30 Formula 3000
10.45 Motocross – LIVE
12noon Swimming
1.00pm Swimming – LIVE
Action from Helsinki.
2.30 Cycling – LIVE
Coverage of the second stage of the 2000 Tour de France, won last year by the American Lance Armstrong.

4.30 Motocross
Action from the tenth round of the World Championship in Kester, Belgium.

5.30 Euro 2000
Spirit
A look beyond the on-pitch action, featuring the stories of this major sporting tournamentl.
6.30 Martial Arts
Highlights of the martial arts festival held at Paris-Bercy on March 25.

8.00 Swimming
Coverage of the synchronised swimming team final from the European championships in Helsinki.
9.00 Cycling
Tour de France highlights including reactions, interviews and statistics.
10.00 SportsCentre
Live sports news bulletin.
10.15-12.30am Euro 2000
The moment European football fans have all been waiting for: the final of Euro 2000, held at the De Kuip Stadium in Rotterdam.

SKY SPORTS 1
PREMIUM CHANNEL

6.00am Aerobics Oz Style
6.30 Gillette World Sport Special 7.00 Test Cricket: England v West Indies – Second Test
8.30 Euro Tour Golf: Murphy's Irish Open
10.30 Australian Rugby League – LIVE
12.30pm Extreme Sailing
1.00 British Superbike Silverstone – LIVE

3.00 Euro Tour Golf: Murphy's Irish Open – LIVE
The Murphy's Irish Open draws to a close at Ballybunion Golf Course with coverage of the fourth day's play. In the climax to last year's event, Spain's Sergio Garcia became the fourth-youngest champion in the history of the European Tour when he beat Argentina's Angel Cabrera.

6.30 Australian Rugby League: Brisbane v Penrith

8.30 Test Cricket: England v West Indies – Second Test
England's second Cornhill Insurance Test encounter with the West Indies gathers pace on day four with action from Lord's. Presented by David Gower with commentary from Ian Botham, Paul Allott, Michael Holding, Bob Willis and David Lloyd.
10.30 British Superbike: Silverstone
Highlights from the latest leg of the British Superbike championship. Look out for John Reynolds and Neil Hodgson battling it out for the honour of cracking open the champagne.
12.30am Australian Rugby League: Brisbane v Penrith
2.30-4.30am Test Cricket: England v West Indies – Second Test

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Watersports World
7.00 Aerobics Oz Style
7.30 Polo: Charity Tournament
8.30 Legends Cars: Europe
9.00 Soccer Extra
12noon Squash: Super Series Finals
1.00pm Polo: Charity Tournament
2.00 World Pool Championships – LIVE
The World Pool Championships step up a gear with coverage of the second day's play at the Cardiff International Arena. Defending champions Efren Reyes of the Philippines heads the strongest possible field, and the size of the tournament is likely to exceed the 26 countries represented in last year's event.

5.30 Australian Rules Football
Dynamic action from the rough-and-tumble world of the Australian football league. Sixteen teams, including the Brisbane Lions, Western Bulldogs and the mighty Kangaroos, compete in a 22-match Premiership season.
7.30 Gillette World Sport Special
David Jensen presents action from the world's more unusual sports.
8.00 Ford Golf USA: US Senior Open – LIVE
Putt-by-putt coverage from the closing day of this year's US Senior Open. Hale Irwin, Hugh Baiocchi, Ray Floyd, Graham Marsh – the list of stars at last year's US Senior Open reads like a Who's Who of golfing greats. A similarly star-studded field takes part this year at the Saucon Valley Country Club in Old Bethlehem, all battling for a share of the $2.25 million purse.
11.00 Ford Golf USA: Canon Greater Hartford Open
The Canon Greater Hartford Open concludes at the TPC at River Highlands in Cromwell.
1.00am Euro Tour Golf: Murphy's Irish Open
Action from the final day of this year's Murphy's Irish Open at Ballybunion Golf Club in County Kerry.
3.00-4.00am Polo: Charity Tournament

SKY SPORTS 3
PREMIUM CHANNEL

9.30am Speedway Grand Prix: Poland Grand Prix
Action from Wroclaw, Poland.
Repeat from Sky Sports 1
12.30pm Fight Night: Michael Brodie v Mustafe Hame
Paul Dempsey hosts action from the European super-bantamweight title bout between Michael Brodie and Mustafe Hame.

3.00 British Superbike: Silverstone – LIVE
Keith Huewen introduces coverage from the British Superbike Championship at Silverstone. Places on the podium are hard to come by in this intensely competitive sport and any one of 15 riders could realistically win.
5.00 Moto

6.30 Legends Cars: Europe
Replica cars race around ultra-modern circuits.
7.00 Pool: World Pool Championships – LIVE
The World Pool Championships continue with coverage from the second session's play at Cardiff International Arena. Germany's Ralf Souquet, Francisco Bustamente of the Philippines and snooker star Steve Davis are just some of the major stars appearing.

10.30 Legends Cars: Europe
Replica cars race around ultra-modern circuits.
11.00-12midnight Squash: Super Series Finals
Squash action from the Arena in London's Broadgate Centre.

SCI-FI
ACTION PACK

8.00am Destination Space
8.30 Cybernet
9.00 The Incredible Hulk
10.00 Lost in Space
11.00 The Six Million Dollar Man
12noon Quatermass
Huffity, Puffity, Ringstone Round
1.00pm Quatermass
Lovely Lightning
2.00 FILM: Return of the Vampire
Bela Lugosi, Nina Foch
Horror. *1943*

3.20 FILM: Hook
Robin Williams, Dustin Hoffman, Julia Roberts
Fantasy adventure loosely adapted from J M Barrie's classic novel *Peter Pan*. Peter has finally grown up and has forgotten all about Neverland and Captain Hook. However, when Hook returns and captures his children, he is forced to return to Neverland and regain the special powers. *1991*
6.00 Babylon 5
Divided Loyalties
Lyta Alexander returns to *Babylon 5* convinced there is a traitor aboard. With Douglas Bennett.
7.00 Babylon 5
The Long Twilight Struggle
A final, bloody battle determines the outcome of the Narn-Centauri conflict. With John Schuck.
8.00 PSI Factor: Chronicles of the Paranormal
Tyler/Tim
The team looks into a case of alleged psychokinesis.
9.00 Tekwar
Sellout
The scientist Best Kittridge is recruited to lead a research project with the aim of eliminating Tek.
10.00 Fortean TV
Investigations into a variety of strange phenomena.
10.30 Stranger than Fiction
Abducted – Part I
11.00 American Gothic
Strangler
Lucas Buck decides that he needs a ghost in order to fight a ghost.
12midnight Twin Peaks
Several lives hang in the balance. First in a two-part story.
1.00am FILM: The Kiss
Joanna Pacula
Horror. *1988*
3.00-4.00am Lost in Space
The Reluctant Stowaway

MTV
MUSIC & GAMES PACK

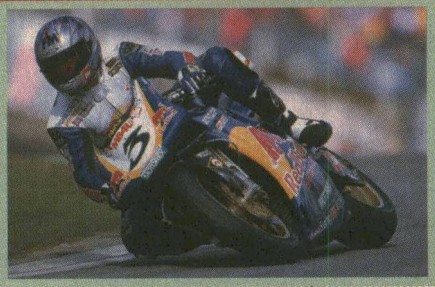
6.00am Select MTV Replay
9.00 Hit List UK
With Cat Deeley.
10.00 The Real World – Boston
Follow the adventures of seven young adults living in the city of Boston.
12noon Weekend Edition
All the latest news from the world of showbiz.
12.30pm Select MTV
More viewers' requests and top guests in the studio.

3.30 Weekend Edition
Catch up with the latest showbiz news and gossip.
4.00 Bytesize MTV
More bizarre highlights from different MTV stations around the world, brought to you in short soundbites.

7.00 Football Anthems Countdown to Euro 2000 Final
NEW Prepare for the Euro 2000 final with a feast of football anthems.
8.00 FANatic: Christina Aguilera/Beck
8.30 Essential Ricky Martin
Star profile.
9.00 Celebrity Death Match
Another double episode in the cult series which presents the spectacle of clay figures slugging it out.
10.00 Loveline USA
More from the late-night phone-in advice show featuring Adam Carolla and Dr Drew.
11.00 Bytesize MTV
More bizarre highlights from different MTV stations all around the world, brought to you in short soundbites.
12midnight brand:new
1.00am The Lick R&B Chart Show
Trevor Nelson plays some of the hottest – and coolest – R&B tracks around.
2.00-6.00am Night Videos
A selection of tracks to see you through the night.

LIVE BRITISH SUPERBIKE: SILVERSTONE
SKY SPORTS 1 1.00PM, SKY SPORTS 3 3.00PM

The British Superbike stars are at Silverstone in Northamptonshire today to complete the first half of a hectic 12-race season. After the opening few rounds, the Nottingham rider John Reynolds (pictured) on his Red Bull Ducati and James Haydon were first and third in the standings, with Neil Hodgson in second place. This is an intensely competitive championship with places on the podium among the hardest to come by in the world of motorcycle racing.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.06 The Affair
11.40 Sex Court
12midnight Freeview
12.12am FILM: Car Wash Angels 2
1.30 Adult Feature
1.40 FILM: Hienie's Heroes
2.55 Caught at Home
3.05-4.00am Electric Blue

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview
12.10am FILM: Man Bait
1.00 The Five Minute Freeview
1.05 FILM continues
1.20 FILM: Babewatch
2.30 FILM: Inheritance
Non-stop erotic antics.
3.40-4.00am Michelle

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Sunday 2 July

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 8.00 Emma 9.00 It's the Weekend 10.00 Video Timeline: Elton John 10.30 VH1 to One: Au Revour Celine 11.00 Behind the Music: The Carpenters 12noon Talk Music 12.30pm Greatest Hits: 1970s 1.00 Ed Sullivan's Rock'n'Roll Classics: British Invasion 2.00 It's the Weekend

3.00 Classic Hits Weekend
Theme weekend featuring the best moments from the golden years of music, when The Verve were Wigan schoolboys and the Spice Girls' Emma Bunton was still acting in Milky Bar commercials. From Bruce Springsteen to Sister Sledge, they're all in the *Classic Hits Weekend.*

7.00 The VH1 Album Chart Show
Paul King presents the latest rundown of the best-selling albums of the week in the UK.

8.00 It's the Weekend with Jules and Gideon
Julia Carling and Gideon Coe present the week's news, releases, interviews and live performances.

9.00 Behind the Music: Donnie and Marie
Delve deep into the lives of two of the legendary figures of the 1970s.

10.00 Behind the Music: Fleetwood Mac
An indepth look behind the scenes at the turbulent Fleetwood Mac story.

11.00 Classic Albums: Stevie Wonder – Songs in the Key of Life
A look at the story behind the celebrated album.

12midnight Rock Stories: The Yardbirds
A look at the successful 1960s and 1970s band.

1.00am Rock Stories: Eric Burdon
A chronological look at the enduring British Star.

3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files 12.30pm Croc Files 1.00 Emergency Vets 1.30 Emergency Vets
Trials and life at the animal ER in Denver.
2.00 Vets on the Wildside 2.30 Vets on the Wildside
Series about the problems faced by vets caring for South Africa and Zimbabwe's diverse wildlife species.

3.00 Wild Rescues
Incredible tales of people saving animals and animals saving people.

3.30 Wild Rescues
More incredible tales.

4.00 Call of the Wild
Drama series based on Jack London's novel about the adventures of a dog alone in the harsh north American wilderness.

5.00 Monkey Business
Series about Dorset's chimpanzee sanctuary.

5.30 Monkey Business

6.00 Animal Legends
Series featuring remarkable tales and legends about animals.

6.30 Animal Legends
More remarkable tales.

7.00 Wildlife Police
Series looking at the pioneering efforts of those fighting against animal cruelty in Britain.

7.30 Wildlife Police

8.00 Wild Rescues
A look at heroic rescues and the unique relationship that exists between humans and animals.

8.30 Wild Rescues

9.00 A Dog's Life
A three-part profile of the domestic dog. This programme ventures to find the ancestors of the modern domesticated dog.

10.00 A Dog's Life
Continuing the profile of the domestic dog with a look at their unique relationship with humans and reasons behind canine behaviour.

11.00-12midnight A Dog's Life
Featuring a summer camp for dogs and prison inmates who train dogs to be guides for the disabled.

CABLE CHECK
Some of the channels listed may not be available in your area

ITV2
ACCESS PACK

9.25am The Planet's Funniest Animals
10.00 Trisha
A double bill of heartwarming and hair-raising true stories with Trisha Goddard. Text
12noon Chart Choice
12.10pm CD:UK
Music chart show with the latest acts live in the studio.
1.10 Home and Away
Four back-to-back episodes.

3.10 Emmerdale Omnibus
A chance to catch last week's episodes of the popular and enduring rural soap. Text

4.35 Coronation Street Omnibus
A chance to catch up with last week's episodes of the long-running soap. Text

6.30 Heartbeat
Intuition
Nostalgic police drama series. A mysterious house becomes the setting for a murder enquiry when an old woman is found dead. With Jason Durr. Text

7.30 CD:UK
Music chart show with the latest acts performing live in the studio.

8.30 The Planet's Funniest Animals
Humourous video clips of pets in comic situations.

9.00 The Last Train
Sci-fi drama series. The surviviors of a train crash emerge to find the world has been completely transformed. Text

10.00 Planet's Funniest Animals

10.30 The Waiting Time
Part two of the drama. Tracy and Joshua look for witnesses to the murder of her German lover ten years earlier by the East German secret police. Text
12midnight Coronation Street
12.30am
A Week on the Wild Side
Glamour Model
Series which follows seemingly ordinary people 24 hours a day.
1.30-2.35am Trisha

UK STYLE
LIFESTYLE PACK

7.00am Can't Cook, Won't Cook 7.30 Ready, Steady, Cook 8.00 House Invaders 8.30 The House Doctor 9.00 All the Right Moves 9.30 Antiques Treasure Trail 10.00 Travel Xpress 10.30 Travel Xpress 11.00 Holiday in Style 12noon Holiday Guide To... 1.00pm Looking Good 1.30 Fresh Food 2.00 A Taste of Africa 2.30 Delia Smith's Summer Collection

3.00 Ainsley's Meals in Minutes
Ainsley creates mouth-watering meals in minutes.

3.30 Two Fat Ladies
Benedictine Nuns

4.00 Can't Cook, Won't Cook
Cookery challenge.

4.30 Ready, Steady, Cook
Cookery show.

5.00 House Invaders
Home improvement series.

5.30 The House Doctor
How to create an illusion of space in a tiny cottage.

6.00 All the Right Moves
How to sell a property without an estate agent.

6.30 Antiques Treasure Trail

7.00 Travel Xpress
Explore the wild landscape of south-west Wales.

7.30 Travel Xpress
Featuring a journey across India by train.

8.00 Holiday in Style
This edition features reports from Kenya, the Red Sea, the Seychelles, the Dominican Republic, Australia and Bavaria.

9.00 Holiday Guide To...
France
Featuring reports from St Tropez, the Dordogne, Provence and Honfleur.

10.00 Looking Good
Fashion and beauty series for women.

10.30 Fresh Food
Rick Stein explores the universal passion for food.

11.00 A Taste of Africa
Ghana

11.30 Delia Smith's Summer Collection
Bright Meals for Rainy Days
12midnight Ainsley's Meals in Minutes
With chef Ainsley Harriott.
12.30am-1.00am Two Fat Ladies
Benedictine Nuns
Jennifer and Clarissa cook for the nuns of Kylmore Abbey in the west of Ireland.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Island of the Vampire Birds 8.00 Rivers of Life, Rivers of Death 9.00 Scorpion 9.30 Lifesize 10.00 A Rough History Of... 10.30 Muhammad Ali Special 11.30 A Rough History Of... 12noon Top Gear GTi 1.00pm Planet Hunters 2.00 Rivers of Life, Rivers of Death

3.00 Scorpion
A look at the creature of myth and legend.

3.30 Roadrunner – Clown of the Desert
Meet the clever desert bird.

4.00 Island of the Vampire Birds
Featuring a fascinating look at the bizarre blood-drinking finch of the Galapagos Islands.

5.00 Tomorrow's World Plus
Science magazine series.

5.30 Tomorrow's World Plus Dinosaur Special

6.00 Unabomber
Follow the FBI's use of unorthodox detective work.

6.35 Secrets of the Cloud People
Examine the discovery of 200 preserved mummies.

7.10 Pharaohs and Kings
Egyptologist David Rohl reveals a radical new theory about the history of the ancient world.

8.10 Naked Eurovision
A look behind the scenes at the 1998 Eurovision Song Contest.

9.00 Waxworks of the Rich and Famous
Documentary which takes a look at life behind the scenes at Madame Tussaud's. Text

10.00 Cutting Edge
Health Farm
An insight into the lives of the staff and clients of one of Britain's most exclusive health farms.

11.00 999
True stories of heroism presented by Michael Buerk. Text
12midnight Jailbirds
12.30am-1.00am Jailbirds

UK PLAY:
1.00am Flatmates 1.30 Pick 'n' Mix 2.00 Judge Jules' DJ Anthems 2.30 Soundtrack to My Life 3.30 Bally Dung Radio 4.00 Bally Dung Radio 4.30 Joe's Pop Shop 5.00 The Chris Moyles Show 5.30 The Sound of Play 6.30-7.00am The Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am First Taste 7.30 Coxon's Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 A Year at Ballymaloe 9.30 Newman Meets 10.00 Spice World 10.30 For Better, for Worse 11.00 A Slice of the Action 11.30 From the Ground Up 12noon Chez Bruno 12.30pm Peter Gordon's Pacific Food 1.00 Coxon's Kitchen College 1.30 Nancy Lam's Wok Wiz 2.00 Food Network Daily 2.45 Quick Cooks

3.00 A Year at Ballymaloe
With Darina Allen.

3.30 Cucina Valentina
Pasta

4.00 For Better, for Worse
With chef James Martin.

4.30 Picture This
Magazine series.

5.00 Superchefs

5.30 Chez Bruno
A tour of France.

6.00 Coxon's Kitchen College

6.30-7.00pm Use Your Loaf

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Amazing Creatures: Secret World of the Maori
A look at Maori beliefs.

7.30 The Homeless Elephant

8.00 Great White: In Search of the Giant
An exploration of whether the great white shark is in danger of going the same way as the dinosaurs.

9.00 Battle for the Great Plains
Jane Fonda examines the changes which have occurred on America's Great Plains.

10.00 Mitsuaki Iwago: Close-Up on Nature
A look at the stunning work and philosophy of the wildlife photographer.

11.00 A Lizard's Summer
A look at unusual lizards of Western Europe.

11.30 Clan of the Crocodile
12midnight Tree Kangeroo
A revealing look at this endangered creature and its mysterious evolution.
1.00-2.00am Great White: In Search of the Giant
An exploration of whether the great white could face the same fate as the dinosaurs.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Strike it Lucky
5.30 Sale of the Century
6.00 100%
Fast-paced quiz show.
6.30 Family Fortunes
Big money gameshow.
7.00 Beadle's About
7.30 Winner Takes All
8.00 Stars in Their Eyes
8.30 Candid Camera
9.00 Whittle
10.00 Endurance UK
10.30 Family Fortunes
11.00 Gladiators
12midnight Beadle's About
12.30am Stars in Their Eyes
1.00 Candid Camera
1.30 Absolute Cobblers
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
Gordon Burns hosts the gruelling test of physical stamina and mental agility.
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Time Team 7.00 Screaming Reels 7.30 Hooked On Fishing with Paul Young 8.00 How To with B & Q 8.05 Deals On Wheels 8.35 This Old House Down Under 9.05 This Old House with Steve and Norm 9.35 This Old House with Steve and Norm 10.05 How To with B & Q 10.10 Total Fishing with Matt Hayes
10.40 Fishing Australia 11.10 Go Fishing 11.40 Wood Wizard 12.10pm How To with B & Q 12.15 The House Doctor 12.45 The House Doctor 1.15 Deals on Wheels 1.45 The New Yankee Workshop 2.15 How To with B & Q 2.20 Village Green 2.50 Time Team 3.50-4.00pm How To with B & Q

RAPTURE
BONUS CHANNEL

10.00am Chilli Factor 10.30 That Film Show 11.00 Trainspotters 99 12noon Scratch TV 12.30pm Boardstupid 1.00 buzz:tracks 2.00 e-trippers 2.30 Fearless 3.00 Trainspotters 99 4.00 Ibiza 2000 4.30 High Adrenalin Action 5.00 Chilli Factor 5.30-6.00pm That Film Show

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Sunday 2 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM
4.00pm
Weapons of War
Kreigsmarine – the Forgotten Service
How Germany's naval plans were lost.

5.00 PM
5.00
Extreme Machines
Fastest Man on Earth
A look at an attempt to break the land-speed record in Nevada.

6.00 PM
6.00
Crocodile Country
Documentary exploring the history and likely future of crocodiles, plus stories of survivors of croc attacks.

7.00 PM
7.00 Jurassica
Clash of the Titans – Tale of Three Killers
How the study of dinosaur eggs is revealing some surprising clues.

8.00 PM
8.00 Lost Treasures of the Ancient World
Stonehenge
Bringing the ancient monument back to life through computer imaging.

9.00 PM
9.00 Disasters at Sea
Helicopters to the Rescue
Follow recruits of the elite US sea rescue unit through their intense and gruelling training.

10.00 PM
10.00 Raging Planet
Hurricane
Follow the traumatic effects of two devastating storms which hit North Carolina in 1996.

11.00 PM
11.00
Inside Jump School
A profile of the tactics, training and technology used by the US Air Force Pararescue Jumpers team.

12.00
12midnight Trailblazers
Philippines
Travel to the Philippines in search of the forest-dwelling people of Palawan.
1.00am Top Marques
Alfa Romeo
1.30-2.00am Top Marques
Citroën

NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Tabaluga 5.30 Blinky Bill 6.00 Fly Tales 6.30 Flying Rhino Junior High 7.00 Fat Dog Mendoza 7.30 Ned's Newt 8.00 Mike, Lu and Og 8.30 Dragonball Z Rewind 11.00 Johnny Bravo 11.30 The Mask 12noon Euro Toon Thousand 2.00pm I Am Weasel 2.30 Courage the Cowardly Dog

3.00
Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30 Ned's Newt
Reptilian adventures.
4.00
The Powerpuff Girls
Animated adventures with the pint-sized heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animated adventure series.
5.30 Ed, Edd 'n' Eddy
More namesake nonsense with the three friends.
6.00 Tom and Jerry
Madcap comic antics with the cat and mouse duo.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky schemes with the hungry hound.
7.30 Looney Tunes
8.00 Mike, Lu and Og
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm-1.00am
FILM: Ben-Hur
Charlton Heston, Jack Hawkins, Stephen Boyd
Epic historical drama. A wealthy Jewish nobleman incurs the hostility of the Roman military governor and is reduced to manning an oar on a slave galley. Years later he returns to seek his revenge.
Widescreen *1959*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

NICKELODEON
FAMILY PACK

7.00am Jumanji 7.30 The Three Friends... and Jerry 8.00 SpongeBob Square Pants 8.30 Kenan and Kel 9.00 Rugrats 9.30 Rocket Power 10.00 Angry Beavers 10.30 Hey Arnold! 11.00 Cousin Skeeter 11.30 Sabrina the Teenage Witch 12noon Rugrats 12.30pm Rugrats 1.00 Rugrats 1.30 Rugrats 2.00 Renford Rejects 2.30 Renford Rejects

3.00 Kenan and Kel
The adventures of two funky friends.
3.30 Kenan and Kel
Starring Kenan Thompson and Kel Mitchell.
4.00 Sister Sister
Tia and Tamera and their respective single parents all try to live together.
4.30 Sister Sister
Double trouble antics.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Cheers
The Improbable Dream – Part II
Rebecca has love trouble.
8.30 Just Shoot Me
Back Issues
9.00 Frasier
Roz's Krantz & Gouldenstein are Dead
9.30 Frasier
Are You Being Served?
Niles asks Frasier for help.
10.00 FILM: Ferris Bueller's Day Off
Matthew Broderick, Alan Ruck, Mia Sara
Comedy in which a student decides to take the day off school and take his girlfriend and best buddy to town in his friend's father's Ferrari. *1986*
11.55 Eurotrash
Survey of Europe's tacky underbelly.
12.25am
Still In Bed With MeDinner
1.35 Duckman
2.00 DiResta
2.30 Encore Encore!
3.00 It's Garry Shandling's Show
3.30-4.00am
Abbott and Costello

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Happy Ness 7.30 Princess Sissi 7.55 Princess Starla and the Jewel Riders 8.20 Sailor Moon 8.45 Digimon 9.10 Digimon 9.35 Spiderman 10.00 The New Addams Family 10.20 Casper 10.30 Goosebumps 11.00 Dennis and Gnasher 11.30 Ace Ventura 12noon It's Your Call: Goosebumps v Princess Sissi 1.15pm Inspector Gadget 1.45 Walter Melon 2.10 Life with Louie 2.35 Donkey Kong Country

3.05
Dennis and Gnasher
Dennis and Gnasher team up with their pals.
3.35 Mighty Morphin' Power Rangers
4.00 Mighty Morphin' Power Rangers
4.30 Sailor Moon
The adventures of a group of schoolgirl crime-fighters.
4.55 Princess Starla and the Jewel Riders
5.20 Princess Sissi
An historical saga.
5.40 Breaker High
Fun on the high seas with a group of teens.
6.00 Goosebumps
Spooky stories.
6.25 Goosebumpsr
6.50-7.00pm Casper
Phantasmagorical fun.

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection 7.00 Clothes Shop! 8.00 Home Shop! 8.30 Technology Shop! 9.30 Home Shop! 10.30 Home Shop! 11.30 Shop! Outlet 12.30pm Shop! Selection 1.30 Shop! Special 2.30 Entertainment Shop! 3.30 Jewellery Shop! 4.30 Holiday Shop! 5.30 Shop! Preview 6.00 Shop! Selection
Round-up of the best sellers on Shop!
7.00-7.30pm
Jewellery Shop!
Stunning gemstone jewellery.

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows.
Saturdays: The best of the week and children's programming.
Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 6.30 Face 7.00 News 0.30 Science 11.00 News 11.10 Dateline 12noon News 12.30pm Face 1.00 News 2.30 Reporters 3.00 News 3.30 Science 4.00 News 4.30 Seven 5.00 News 6.00 News 7.30 Euro 2000 8.00 News 8.30 Brief 9.00 News 9.30 Reporters 10.00 News 10.30 Euro 2000 11.00 News 11.30 Dateline 12midnight News 12.30am Australia 1.00 News 2.30 Correspondent 3.00 News 3.30 Dateline 4.00 News 4.45 Asia 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 CNNdotCOM 6.30 Business 7.30 Europe 8.30 Sport 9.30 World Beat 10.30 Sport 11.30 Hotspots 12.30pm Diplomatic 1.00 Report 2.30 Africa 3.30 Sport 4.30 Showbiz 5.00 Late Edition 6.30 Business 7.30 Europe 8.30 Artclub 9.30 CNNdotCOM 10.30 Sport 11.00 WorldView 11.30 Style 12midnight WorldView 12.30am Science 1.00 WorldView 1.30 Asian 1.45 Asia Business 2.00 CNN & TIME 3.30 Artclub 4.30-5.00am Pinnacle

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Week in Review 10.00 Sunday with Adam Boulton 11.30 The Book Show 12noon Sky News Today 1.30pm Fashion TV 2.00 Sky News Today 2.30 Showbiz Weekly 3.30 Technofile 4.30 Sunday with Adam Boulton 5.00 Live at Five 7.30 Sportsline 8.30 The Book Show 9.30 Showbiz Weekly 10.00 Sky News at Ten 12.30am CBS Evening News 1.30 Sunday with Adam Boulton 2.30 Fashion TV 3.30 The Book Show 4.30 Week in Review 5.30-6.00am CBS Evening News

INTERNATIONAL

SAT1 6.00am Die Frau des Anderen 7.00 Weck Up 8.00 Die Wochenshow 9.00 Alf 9.30 Hausmeister Krause 10.00 Zwei Zum Verlieben 11.00 Baywatch 12noon VIP 1.00pm MacGyver 2.05 Air America 3.05 Clueless 3.35 Sabrina 4.05 Dawson's Creek 5.00 Blitz 5.30 Wetter 5.45 Die Barilla Comedy-Küche 6.00 Vorsicht Kamera 7.15 Der Zufallslover 9.15 Liebe Nachbarn 9.45 Planetopia 10.30 News und Stories 11.15 So Gesehen 11.20-12midnight MacGyver

TV5 5.00am Journal 5.15 Journal des Journeaux 6.00 Infos 6.30 Les Zaps 7.00 Journal 7.30 Les Zaps 8.00 Infos 8.05 Les Mondes Fantastique 8.30 Va Savoir 9.00 Journal 9.15 La Fête des Bébés 9.30 Génies en Herbe 11.00 Infos 11.05 Grands Gourmands 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Le Voyage de Monsieur Perichon 3.00 Journal 3.15 Questions 3.30 Gros Plan 4.00 Infos 4.05 Kiosque 5.00 Journal 5.15 Vélo Club 6.00 Grands Gourmands 6.30 ARTE Info 7.00 Journal 7.30 Journal et Le Journal du Temps 8.00 Infos 8.05 Faut pars Rêver 9.00 Journal Télévisé 9.15 Le Dernier Tour 11.00 Résumé Euro 2000 11.30-12midnight Le Journal du Tour

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Sant Darshan 8.30 Swami Vishvas 9.30 In Search of Peace 10.00 Holy Quran 10.30 Jai Veer Hanuman 11.30 Health 12.30pm Pakistan 1.00 Khiladi 1.30 FILM 4.00 5.45 Sahil Se Dur 6.30 Aur Aap 7.00 Close Up Encounters 7.30 MTV Made in India 8.00 Wilaytee Babu 8.30 FILM 11.30 Toofan TV 12midnight MTV 12.30am Aur Aap 1.00 FILM 4.00 Wilaytee Babu 4.30 Sahil Se Dur 5.30 Geet Baney Sangeet 6.00 Khiladi 6.30 DD Programme 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Kya Scene Hai 6.30 Shabads 6.45 Holy Quran 7.00 Faith: Sikhism 7.30 News 8.00 Karobari Duniya 8.30 Best of India 9.00 Ru Ba Ru 9.30 Out and About 10.00 Mahabharat 11.00 Bodymatters 11.30 Behind the Headlines 12noon FILM 3.00pm Sa Re Ga Ma 4.00 Zee and You 4.30 Rasm E Ashnai 5.30 Super 7 6.00 A Day Out 6.30 Yeh Hain Mere Apne 7.00 Antakshari 7.30 Basera 8.00 News 8.30 FILM 11.30 Agni Chakra 12midnight News 12.15am News 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Mama Miya 5.30-6.00am Sa Re Ga Na

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Living 6.00 Life in the Word 6.30 A Voice to the Nations 7.00 Changing Your World 7.30 CMTV 8.00 In Touch 8.15 Order My Steps 8.30 CMTV 9.00 Living 9.30 Word from God 10.00 The Dream 10.30-11.00am Origins

BLOOMBERG
WORLD PACK

2.00am Market Movers 3.15 European Weekly Review 4.45 Weekly Preview 5.54-6.00am Bloomberg Helpdesk

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 11.00 Straight Talk 11.30 European Focus 12noon America This Week 3.00pm Holyrood 3.30 House of Lords 11.30-12midnight Euro Brief

THE HISTORY CHANNEL
WORLD PACK

12noon Airbourne Luxury
1.00pm Biography
Joan Crawford
2.00 Century
Disaster
A look at the devastating effects of nature.
3.00 Reincarnation
4.00 The Grand Inquisitor – Witch-Hunt in the Name of God
5.00 Line of Fire
Marston Moor 1644
6.00 Siege
Castles at War
The bloody history of castles.
7.00 The Habsburg Family Jewels
An insight into some of the most beautiful antiquities in the world.
8.00-10.00pm
Ernest Hemingway
An in-depth look at the life and works of the influential American writer.

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlights are DIY with Harry Greene at 10.00am and Music Showcase at 11.00pm.

Viewing Choices

Specially designed Packs with channels to suit individual tastes ...

Access

Access includes:

Set Top Box rental, Telephone Line rental
BBC1, BBC2, ITV, ITV2, C4 and C5
BBC News 24*, Sky News, UK Horizons, UK Play**, GMTV2*** Local Channel. Rapture, TV Travel Shop, QVC and Shop! are 'Free Bonus' Channels†

*As funded by your TV licence **1.00am-7.00am ***Not available in Ashford and Millharbour †We will from time to time offer 'Free Bonus' Channels in ACCESS. However, we reserve the right to change or withdraw these monthly.

And gives you the choice of the following:

Access to our flexible TV packs
Access to TV On-Demand services
Access to Sky Premium channels
Access to Add-On channels
Access to our range of tailored telephone packages
Access to our Internet Lite Services

TV Packs

Music and Games

MTV
The Box
VH1
Challenge TV

Family

TNT
Cartoon Network
Fox Kids
National Geographic Channel
Nickelodeon
Paramount Comedy Channel

Action

Sky One
Granada Men & Motors
Granada Plus
Sci-Fi Channel

Lifestyle

UK Gold
Carlton Food Network
Carlton Cinema
Living
UK Style

††Availability varies on a regional basis

World

Animal Planet
Discovery Channel
Discovery Home & Leisure
The History Channel
Christian Channel Europe
UK Horizons
Bloomberg

News and Sport

Eurosport
CNN
BBC Parliament*♦
Sky News
BBC News 24*

*As funded by your TV licence

♦BBC Parliament is available with any Pack, free of charge, on request

We may change our channel line-up from time to time.

Calculating your choice of viewing

Premium channels	Access	Access plus one pack	Access plus two packs	Access plus three packs	Access plus four packs	Access plus five packs	Access plus six packs
No Premium Channels	£9.99	£12.99	£14.99	£15.99	£17.99	£19.99	£20.99
Plus one Premium Channel	£25.99	£25.99	£27.99	£28.99	£30.99	£32.99	£33.99
Plus two Premium Channels	£28.99	£28.99	£30.99	£31.99	£33.99	£35.99	£36.99
Plus three Premium Channels	£32.49	£32.49	£34.49	£35.49	£37.49	£39.49	£40.49
Plus four Premium Channels	£34.49	£33.49	£35.49	£36.49	£38.49	£40.49	£41.49

Example: Access, plus two TV Packs, plus two Premium Channels per month = £30.99

In addition to the Packs, you can choose the following channels individually

Sky Premium Channels

Sky Sports 1
Sky Sports 2
Sky Sports 3Δ
Sky Premier
Sky MovieMax
Sky Cinema ΔΔ
Disney Channel◊◊

Single Add-On Channels

FilmFour	£5.99
Disney Channel◊◊	£6.99
Adult Channel/Playboy	£7.99
Television X	£7.99
The After Dark Pack (Adult Channel/Playboy & Television X)	£10.99
Asian Language Channels***	£7.99
European Language Channels***	£1

Δ Sky Sports 3 is available as a 'Free Bonus' Channel if you take either Sky Sports 1 or Sky Sports 2
ΔΔ Sky Cinema is available as a 'Free Bonus' Channel if you take both Sky Premier and Sky MovieMax
*** See your Channel Guide for the Asian Language Channel and European Language Channels in your area, or call Customer Services
◊◊ Disney Channel is available as an Add-On channel at £6.99 or as a 'Free Bonus' Channel when you take both Sky Premier and Sky MovieMax

The prices listed are based on Direct Debit payment. If you choose to pay by another method such as cheque, Switch, or credit card, an additional £1 administration fee will be charged each month.

Cable telephone services are not available in the Millharbour service area.

ntl:

Now incorporating
CABLE & WIRELESS
UK Consumer Division

Monday 3 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Scarlet Tunic
1997, rating Sky PG, 88 mins
7.35 The Second Jungle Book: Mowgli and Baloo
Text *1997, rating Sky PG, 86 mins*
9.10 A Memory in My Heart
1999, rating Sky PG, 87 mins
10.45 Steel Magnolias
Text *1989, rating Sky PG, 113 mins*
12.45pm The Wedding Singer
Text *1998, rating Sky PG, DS, 93 mins*
2.25 Godzilla
Matthew Broderick, Jean Reno,
Sci-fi movie in which a gigantic mutant lizard emerges from the sea, threatening to annihilate New York City. A radiation expert and a French secret serviceman team up in a desperate attempt to save the Big Apple from destruction. Text *1998, rating Sky PG, 133 mins*

4.45
Who Gets the Friends?
Jill Clayburgh, James Farentino, Lucie Arnaz, Robert Dawson
Romantic comedy in which a husband decides he has fallen out of love, leaving his wife to face the fact that their friends have more in common with him. However, a quirk of fate enables her to take her revenge. *1988, rating Sky PG, 90 mins*
6.30 The Second Jungle Book: Mowgli and Baloo
Jamie Williams, Bill Campbell, Roddy McDowall, Gulshan Grover
Adventure. A young boy raised in the wild struggles to find his own place in the world, while evading a circus talent scout. Text *1997, rating Sky PG, DS, 86 mins*
8.00 Godzilla
Matthew Broderick, Jean Reno, Maria Pitillo, Hank Azaria
Sci-fi movie in which a gigantic mutant lizard, the result of French nuclear testing, emerges from the sea, threatening to annihilate New York City. A radiation expert and a French secret serviceman team up in a desperate attempt to save the Big Apple from destruction. Text *1998, rating Sky PG, 133 mins*
10.20 The Wedding Singer
Adam Sandler, Drew Barrymore, Christine Taylor, Allen Covert
Comedy set in the mid-Eighties. A struggling rock musician, jilted at the altar, is reduced to hiring himself out as an entertainer at suburban weddings. He vents his bitterness in song until he gets a chance to find love. Text *1998, rating Sky PG, DS, 93 mins*
12midnight One Night Stand
Wesley Snipes, Nastassja Kinski
Text *1997, rating Sky 18, 99 mins*
1.45am Death Becomes Her
Meryl Streep, Bruce Willis
1992, rating Sky PG, 99 mins
3.30 Commandments
1997, rating Sky 15, 84 mins
5.00-5.45am Femmes Fatales: Jodie Foster

SKY MOVIEMAX
PREMIUM CHANNEL

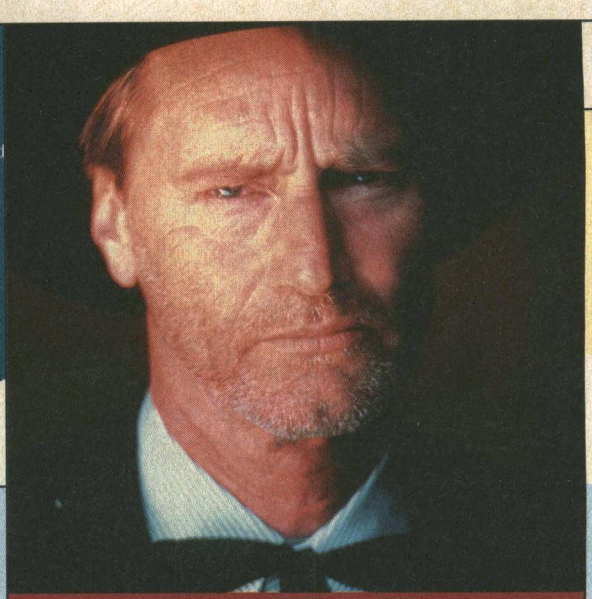
6.10am Split Infinity
1992, rating Sky U, 86 mins
8.00 Take My Advice: The Ann and Abby Story
1999, rating Sky PG, 87 mins
10.00 The Laker Girls
1990, rating Sky PG, 90 mins
12noon Amore!
Jack Scalia, Kathy Ireland,
Romantic comedy. *1993, rating Sky PG, DS, 90 mins*
2.00pm Can't Be Heaven
Diane Ladd, Ralph Macchio, Bryan Burke, Rachel Ticotin
Drama in which a young boy, struggling to come to terms with adolescence, is helped by the appearance of a friendly ghost. *1998, rating Sky PG, 94 mins*
4.00 The Laker Girls
Tina Yothers, Paris Vaughan, Shari Shattuck, Paul Johansson
Light-hearted drama about three very different women who become friends while trying to break into the LA Lakers cheerleading squad. Each of the women feels that they have something to prove in making the team but not all of them will be successful. *1990, rating Sky PG, 90 mins*
6.00 Take My Advice: The Ann and Abby Story
Wendy Malick, Robert Desiderio, Kip Gilman, Tyler Gannon
Fact-based drama about identical twin sisters who, in the 1950s, rose to fame as pioneer agony aunts. Offering frank advice on sex and affairs of the heart, they nevertheless could find no cure for their own personal feud. *1999, rating Sky PG, 87 mins*
8.00 Purgatory
Sam Shepard, Eric Roberts, Randy Quaid, Donnie Wahlberg
PREMIERE Western fantasy. An outlaw gang rides into a strange town full of legendary gunfighters who appear to have returned from the dead. It becomes clear that those who enter the town must either redeem themselves and go to heaven, or descend into hell. *1999, rating Sky 15, DS, 91 mins*
10.00 Talos the Mummy
Jason Scott Lee, Louise Lombard, Sean Pertwee, Lysette Anthony
An ancient curse strikes a team of archaeologists who break into the tomb of an Egyptian prince. Half a century later, the granddaughter of one of the team members risks a similar fate when she sets out to retrace his steps. *1998, rating Sky 15, DS, 113 mins*
12midnight Killers in the House
Mario Van Peebles, Hal Linden
1998, rating Sky 15, 85 mins
1.30am Deadly Relations
Crime. *1993, rating Sky 15, 88 mins*
3.00 Danielle Steel's Kaleidoscope
Drama. *1995, rating Sky 15, 89 mins*
4.35-6.05am Take My Advice: The Ann and Abby Story
1999, rating Sky PG, 87 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm
An Enemy of the People
Steve McQueen, Charles Durning, Eric Christmas, Bibi Andersson
Drama, based on the play by Henrik Ibsen, about a doctor who discovers that the local spring is polluted. However, vested interests in the town want to keep a lid on the news and proceed to discredit the doctor. *1977, rating Sky U, 102 mins*
6.00 Hollywood Hall of Fame: Steve McQueen
Documentary profiling the star of *Bullitt* and *The Great Escape.*
6.30
A Blueprint for Murder
Joseph Cotten, Jean Peters, Gary Merrill, Eugene Borden
Drama in which a man comes to suspect that a poisoner may be at work in his nieces' home. *1953, rating Sky PG, 73 mins*
8.00 The Fisher King
Robin Williams, Jeff Bridges, Amanda Plummer, Michael Jeter
Fantasy drama in which a top US radio shock-jock falls from grace after one of his callers embarks on a killing spree. On the brink of suicide, the DJ meets an eccentric down-and-out who harbours an obsession with the Holy Grail – and also with a young woman who works nearby. *1991, rating Sky 15, DS, 132 mins*
10.20 Badlands
Sissy Spacek, Martin Sheen, Warren Oates, Ramon Bieri
Crime drama. A pair of young lovers take off on a murder spree across America, progressing from fugitives to national celebrities before the authorities finally close in on them. *1973, rating Sky 18, 90 mins*
11.55 Guadalcanal Diary
Preston Foster, Lloyd Nolan
Documentary-style war drama. *1943, rating Sky 12, 89 mins*
1.30am The Fisher King
1991, rating Sky 15, DS, 132 mins
3.45 Hard Promises
1992, rating Sky PG, DS, 91 mins
5.25-6.00am Hollywood Hall of Fame: James Cagney



Sam Shepard stars as Wild Bill Hickok in the premiere of the fantasy Western 'Purgatory'. Sky MovieMax 8.00pm

FILMFOUR
ADD-ON CHANNEL

6.00pm The Testament of Dr Mabuse
Rudolf Klein-Rogge, Otto Wernicke, Gustav Diesl
Horror. A master criminal runs his crime empire from within the walls of a lunatic asylum. He is also planning the destruction of the world, an event which he has plotted so carefully that not even his own death can prevent it. *1933, 112 mins*
8.00 Raising Arizona
Nicolas Cage, Holly Hunter, Trey Wilson, John Goodman
Comedy in which a couple who cannot have children decide to steal one of a tycoon's quintuplets after seeing them on television. Their action leads them into a crazy spiral of crime and farce. Text *1986, 91 mins*
9.35 The Hole
9.50 Swing Blade
10.00 Sling Blade
Billy Bob Thornton, Lucas Black, Dwight Yoakam, J T Walsh
Drama. A man with learning difficulties, who murdered his mother and her lover at the age of 12, is released into the community after spending most of his life in a mental institution. He believes he has learned his lesson but a confrontation is looming with the bullying boyfriend of one of his new-found friends. *1996, 129 mins*
12.20am The Saint of Fort Washington
Matt Dillon, Danny Glover
Drama. Text *1993, 100 mins*
2.05 Around the Time
2.25 I'm Gonna Git You Sucka
Blaxploitation spoof. *1988, 85 mins*
3.55-6.00am Nightmare Alley
Horror. *1947, 106 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Flying Tigers
John Wayne, Paul Kelly, John Carroll, Anna Lee
Drama set in China in the run-up to World War II. A reckless volunteer pilot fighting for the Chinese against the Japanese causes the death of a veteran pilot. Having become a pariah, his only hope of redeeming himself is to embark on a suicidal mission. Text *1942, 102 mins*
9.00 Great Scout and Cathouse Thursday
Lee Marvin, Oliver Reed, Robert Culp, Elizabeth Ashley
Comedy Western set in Colorado in the early 1900s. Two con men reunite with the aim of wreaking revenge upon their third partner, who has used all the threesome's ill-gotten gains in order to move into more elevated social circles. *1976, 102 mins*
11.00 Against All Odds
Rachel Ward, Jeff Bridges
Drama. An injured football player agrees to help a former teammate find a missing girlfriend but instead finds himself falling for the woman. *1984, 128 mins*
1.15am Bring Me the Head of Alfredo Garcia
Warren Oates, Gig Young
Action. *1974, 112 mins*
3.15 The Owl and the Pussycat
Barbra Streisand, George Segal
Comedy. *1970, 98 mins*
5.00-7.00am The Black Stallion
Family adventure. *1979, 117 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE PRINCE OF EGYPT
Rating U, 95 mins
Animated epic. Two young princes are brought up together, one will rule Egypt – the other will grow up to become one of the world's greatest heros. Voices of Sandra Bullock and Ralph Fiennes.
T/C: Animation, biblical tale.
BL: None.
S/N: None.
V: Some mild biblical horror.
6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm

Channel 51 Evening

THE FACULTY
Rating 15, 101 mins
Sci-fi thriller. A group of kids finds that their teachers have been taken over by a group of aliens who are bent on world domination. Stars Jordana Brewster, Clea DuVall and Laura Harris.
T/C: Sci-fi, horror.
BL: Frequent, strong.
S/N: Once, moderate.
V: Frequent, moderate.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

8MM
Rating 18, 119 mins
Thriller. A surveillance specialist is hired to find out the truth about a sordid video found in a dead man's effects. Stars Nicolas Cage, James Gandolfini and Joaquin Phoenix.
T/C: Thriller, snuff movies.
BL: Frequent, strong.
S/N: Frequent, strong, fetish.
V: Frequent, strong.
6.15pm, 8.30pm, 10.45pm, 1.00am, 3.15am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple are trying to recover from a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Count Duckula
6.30 Grimmy
7.00 Starship Troopers
7.30 Pokémon
8.00 Pokémon
8.30 Pokémon
9.00 The Oprah Winfrey Show
10.00 Jenny Jones
11.00 Sally Jessy Raphael
12noon Jenny Jones
1.00pm Sally Jessy Raphael
2.00 Jenny Jones

3.00 Count Duckula
Manhattan Duck
The castle lands in Manhattan.
3.30 Pokémon
Round One – Begin
Ash faces a difficult battle.
4.00 Pokémon
Fire and Ice
Ash faces a foe.
4.30 Pokémon
The Fourth Round Rumble
Ash faces a tough opponent.
5.00 Star Trek: Voyager
The Gift
Seven of Nine resists Janeway's requests to become a part of the crew and instead wishes to return to the Borg. Text
6.00 Hercules: Legendary Journeys
Further adventures with the mythical mighty hero and demi-god. Stars Kevin Sorbo and Michael Hurst.
7.00 The Simpsons
Old Money
Grampa falls in love. Text
7.30 The Simpsons
Simpsoncalifragilisticexpiala (annoyed grunt)cious Text
8.00 Star Trek: Voyager
Virtuoso
Voyager engages an advanced but arrogant race which is entranced by the medical officer's singing talent. Text
9.00 The West Wing
Lies, Damn Lies and Statistics
The President's plan to gain voter approval appears to work, while Sam is in trouble.
● FEATURE: page 9
10.00 Prickly Heat
Julian Clary and Denise Van Outen present the essential Beach Battle of Britain as 32 young and single guys and girls compete in Mallorca. Text
11.00 Uncut Season
Uncut! Miami Uncovered
Lifting the lid on the United States with an eight-part series based around one of America's most glamorous cities.
12midnight Star Trek: Voyager
The Gift Text
1.00am New York Undercover
A Time of Faith – Part I
There is a horrific series of church burnings in the south and a young Irish cop seeks revenge for the death of his father.
2.00-6.00am Long Play
Music through the night.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Yes, Prime Minister Text
6.30 2point4 Children 7.05 Crossroads 7.30 Dynasty
8.25 EastEnders Text
9.00 The Bill Text
9.30 The Bill Text
10.00 The House of Eliott
11.00 Knots Landing
11.55 Neighbours
12.25pm EastEnders Text
1.00 Dangerfield
2.00 Knots Landing

3.00 The Bill
Copier
Rawton uses all her initiative to pin down a felon. Text
3.30 The Bill
Fashion Victims Text
4.00 EastEnders
Sanjay faces up to the mess Tricky Dicky has left behind. Text
4.35 Neighbours
There is concern over Lauren's disappearance.
5.00 'Allo 'Allo!
The German officers burgle Gestapo headquarters but find a surprise awaits them. Text
5.40 Bread
A photographer takes advantage of Aveline. Text
6.20 The Brittas Empire
Sex, Lies and Red Tape
Brittas attempts a sponsored silence, much to his secretary's utter relief. With Chris Barrie.
7.00 To the Manor Born
Richard has no time for the daily battle with Audrey over the running of the estate. Text
7.40 Keeping Up Appearances
Hyacinth suddenly has a lot on her hands. Text
8.20 Birds of a Feather
In at the Deep End
Sharon and Tracey dive into a new business venture. Text
9.00 Casualty
The Hardest Word
Apologies are rife in Holby A&E as the loss of a loved one brings a family closer together and the fight for justice forces Sean to put his personal life on hold. Text
10.10 Real Women
Mandy's son is leaving home, Anna's love life is in a mess, Susie has gone into labour and Janet is still trying to conceive a longed-for baby of her own.
11.10 Murder Most Horrid
The Body Politic
A politician has to choose between ambition and honesty.
11.50 The Bill
Copier Text
12.25am The Bill Text
1.00 Monty Python's Flying Circus
1.40 This Life Text
2.30 EastEnders Text
3.10 Real Women
4.15 'Allo 'Allo! Text
4.50 Bread Text
5.25-6.00am To the Manor Born
Sitcom. Text

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside
9.30 Home and Away
10.00 The Jerry Springer Show
10.50 Forgive or Forget
11.40 Maury Povich
12.30pm Special Babies
1.00 Plastic Fantastic
1.30 Judge Judy
2.00 Streetmate
2.30 Maury Povich
Compelling talk show hosted by veteran journalist Maury Povich.

3.20 Relationship SOS
Advice for people who need to revamp their relationships.
3.50 Forgive or Forget
Host Mother Love tries to resolve her guests' problems by giving them the opportunity to forgive each other.
4.40 Oh Baby
Sitcom about a single mother.
5.05 Streetmate
Davina McCall scours the country for single people with a view to finding them partners.
5.35 Ready, Steady, Cook
Cookery show.
6.10 The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in discussion about relationship issues.
7.00 Judge Judy
Family court judge Judy Sheindlin presides over more real-life cases and conflicts.
7.30 Will and Grace
US flatshare sitcom.
8.00 Charmed
Drama series about three sisters who move into a San Francisco house left to them by their grandmother and inherit her powers of witchcraft as well.
9.00 FILM: The Babysitter
Stephanie Zimbalist, Patty Duke Astin, William Shatner
Thriller. A beautiful young live-in housekeeper begins to exert a sinister influence on the family that hires her. While a suspicious neighbour investigates her past, she uses her seductive looks to drive a wedge between the parents. *1980*
10.50 Secret Suburbia
Sneak a peak at extraordinary suburban lives.
11.20-12midnight Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Shopping Across the UK 6.30 The Odd Couple 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 The Saint 11.00 Starsky and Hutch 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Bless This House 2.00 Hawaii Five-0

3.00 Boon
Trudy's Grit
The new recruit for the Texas Rangers is oblivious to the jealousy she inspires. With Michael Elphick and David Daker.
4.00 Kojak
Kiss it All Goodbye
Crocker inadvertently shoots a young woman after a fur robbery and is overcome with guilt. With Telly Savalas and Dan Frazer.
5.00 Hart to Hart
Hit Jennifer Hart
After extending hospitality to a starving young author, Jennifer experiences a terrifying series of near-fatal accidents.
6.00 Emmerdale
Saboteurs threaten Kim's preparations for the hunt. Text
6.30 Classic Coronation Street
Bet worries about her future. Text
7.00 Sorry!
Confessions of a Jobbing Gardener
7.30 Bless This House
The Frozen Limit
Sid has deep freeze problems.
8.00 Boon
A Fistful of Pesetas
An unwelcome guest checks in at the Coaching Inn – Harry's ex-wife, who is then kidnapped. With Michael Elphick and David Daker.
9.00 Kojak
Monkey on a String
A young police officer falls prey to a powerful crime figure.
10.00 Hale and Pace
10.30-11.00pm The Comedians

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Big Bang
Spectacular motoring stunts, crashes and amazing escapes. With Natasha Vale.
11.30 Ice with Jordan
Motoring series.
12midnight 2 Wheels
Weekly biking magazine.
12.30am Motor Week
Magazine series that takes a look at the motoring industry.
1.00 Motorsport Mundial
Coverage of motorsport events from around the world.
1.30-2.00am Crash and Burn
Spectacular motorcross crashes.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Toons 10.40 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake NEW SERIES
3.00 The Little Mermaid
More undersea adventures. Text
3.30 Sabrina
Nothing Says Lovin' Like Something from a Coven Text
3.55 Art Attack
Award-winning innovative art show hosted by Neil Buchanan.
4.30 Recess
Animated series about the adventures and misadventures of fourth grade life.
5.00 Miami 7
Fun in the sun with the top pop band S Club 7. Text
5.30 Smart Guy
A super-bright kid is put into 10th grade instead of the fourth. Text
6.00 Boy Meets World
Better than the Average Cory
Cory meets a child prodigy. Text
6.30 Microsoap
Fun-filled kids' sitcom about the problems of growing up. Text
7.00 FILM: The Rescuers
Voices of Eva Gabor, Bob Newhart, Geraldine Page
Animated adventure in which the intrepid mouse heroes set out on a perilous journey to find a kidnapped little girl. Text *1977*
8.15 Honey, I Shrunk the Kids: The TV Show
Honey, She's Like a Fish Out of Water
Amy grows scales and fins. Text
9.00 Flipper
Live action marine adventure with the well-loved dolphin. Text
9.45 Dinosaurs
Prehistoric fun from the Jim Henson studio. Text
10.10 Home Improvement
Sitcom double bill. Text
11.00 Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

MONDAY CONTINUES OVERLEAF...

6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

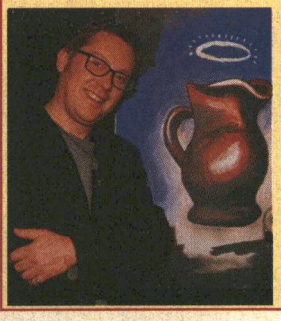
CABLE CHOICE

FILM

Bring Me the Head of Alfredo Garcia
Carlton Cinema 1.15am
Sam Peckinpah's feverish south-of-the-border gothic profits from the committed lead performance of Warren Oates. A price is put on the head of the man who got a Mexican rancher's daughter pregnant, and bar pianist Oates gets in too deep in his search for the culprit.

GENERAL

Real Women
UK Gold 10.10pm
Another chance to see the second series of this adaptation of Susan Oudot's best-selling novels. Michelle Collins, Pauline Quirke and Frances Barber lead a strong cast in this second instalment, which finds the girls 18 months on leading dramatically altered lives.

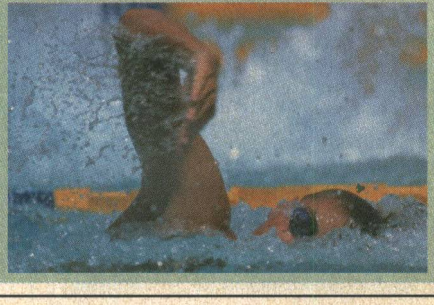
ADVERTISEMENT
UK PLAY

VIC REEVES EXAMINES 9.40PM
Vic Reeves embarks on his first solo project without comedy partner Bob Mortimer in this unmissable new series made exclusively for UK Play. Exploring what makes Vic Reeves' mind tick, tonight's guest is Johnny Vegas discussing the chosen topic of pottery!

Monday 3 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM MORNING	**7.00am Swimming – LIVE** **8.00 Cycling** **9.00 Euro 2000** Action from the final. **11.00 Swimming** **11.15 Swimming – LIVE** **12noon Swimming** **1.00pm Swimming – LIVE** Coverage from Helsinki. **2.00 Cycling** Tour de France action. **2.30 Cycling – LIVE** Further coverage of this year's Tour de France. Today's stage goes from Loudon to Nantes as the riders pursue the honour of one of the famous coloured jerseys, along with 2.2 million francs for the winner.	**7.00am Gillette World Sport Special** **7.30 World Wrestling Federation – Classics** **8.30 Racing News** **9.00 Aerobics Oz Style** **9.30 Johnny Mowlem Porsche Travels** **10.00 Super League** **12noon Aerobics Oz Style** **12.30pm Max Power** **1.30 Ford Golf USA: US Seniors Open and Greater Hartford Open** An opportunity to catch up with all of the significant action from the closing day's play in this year's US Seniors and Greater Hartford Open tournaments.	**7.00am Aerobics Oz Style** **7.30 Racing News** **8.00 Ford Golf USA: US Seniors Open and Greater Hartford Open** **11.30 Euro Tour Golf: Murphy's Irish Open** **1.30pm Extreme Sailing** Action from around the world. **2.00 World Pool Championships – LIVE** Day three coverage from the World Pool Championships. This is the largest pool event ever staged, with a total prize money of $250,000 on offer.	**12noon Australian Rugby League: Brisbane v Penrith** **2.00pm Super League** Enjoy the best of the latest action from Super League V – the northern hemisphere's showcase for the world's greatest players.	**8.00am Battlestar Galactica** **9.00 Land of the Giants** **10.00 Swamp Thing** **10.30 Swamp Thing** **11.00 The Six Million Dollar Man** **12noon Babylon 5** **1.00pm Amazing Stories** **2.00 Battlestar Galactica** *The Gun on Ice* *Planet Zero – Part I*	**6.00am Select MTV** **9.00 Bytesize MTV** **12noon MTV Hits** The latest chart-toppers. **12.30pm Weekend Edition** **1.00 MTV Hits** Uninterrupted music videos featuring the latest from the MTV playlist. **2.00 European Top 20** A look at what's happening in the Continental charts.
3.00 PM					**3.00 Sightings** More extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.	**3.00 Bytesize MTV** A constant barrage of bizarre moments from different MTV stations around the world, brought to you in soundbites.
4.00 PM				**4.00 World Ten Pin Masters** Coverage from the Milton Keynes Shopping Centre as top talents do battle on the bowling alleys.	**4.00 Land of the Giants** *The Creed* Steve, forced to operate on Barry, receives aid from a giant doctor.	**4.00 Select MTV** Live and direct from London, bringing you your requests on the regular MTV video jukebox.
5.00 PM	**5.00 Swimming** Aquatic action from the European Championships in Helsinki.	**5.00 World Wrestling Federation – Classics** Another hour of rough-and-tumble action from classic World Wrestling Federation events.	**5.30 Total Sport** The show that looks at all sides of the sporting world.	**5.00 Wheelbase Club** Featuring club rallying, karting, sprints, hill climbs and drag racing, plus a look back at the motor racing archives.	**5.00 Swamp Thing** *Tremors of the Heart* Dr Arcane builds an earthquake machine. **5.30 Swamp Thing** *The Prometheus Parabola*	
6.00 PM		**6.00 Sky Sports Centre** **6.30 The Winning Post: Musselburgh/ Windsor – LIVE** Enjoy another evening of horse racing action, this time coming from the meetings at Musselburgh and Windsor.	**6.00 Horsepower** Keep up to date with the latest equestrian action from the Emerald Isle. **6.30 World Football Show**	**6.00 British Superbike: Silverstone** Highlights from the Silverstone leg of the British Superbike championship. Look out for John Reynolds and Neil Hodgson battling it out for the honour of cracking open the champagne.	**6.00 The Six Million Dollar Man** *Act of Piracy* An underwater mission sees Steve Austin left to face death in a diving bell.	**6.00 Bytesize MTV** Another barrage of highlights from MTV stations all over the globe, delivered in short soundbites.
7.00 PM	**7.00 Athletics** Coverage of the IAAF Grand Prix II Meeting from Zagreb, Croatia.		**7.00 World Pool Championships – LIVE** This year's World Pool Championships continue at Cardiff International Arena with coverage from the second session on day three of the competition.		**7.00 Amazing Stories** *Go to the Head of the Class* A teenage horror buff helps a sexy classmate use black magic on a loathsome teacher.	**7.00 MTV Hits** A number of exclusives, providing viewers with the latest hits.
8.00 PM		**8.30 Test Cricket: England v West Indies – Second Test** Join David Gower for the latest action from Lord's as England's second Test encounter with the West Indies reaches its conclusion on day five.		**8.00 International Bowls: Australian Five-a-Side – Doubles Semi-Final** International bowls action with coverage of the second Australian five-a-side doubles semi-final.	**8.00 The Crow: Stairway to Heaven** *Closing Time* A shady promoter talks Draven into picking up his guitar again.	**8.00 Hit List UK** Cat Deeley presents the latest rundown of the chart movers, the new entries and the latest number one.
9.00 PM	**9.00 Cycling** Tour de France highlights plus reactions, interviews and statistics.				**9.00 First Wave** *Lost Souls* Foster investigates what he believes to be an alien experiment in human preservation.	**9.00 Daily Edition** The latest news and gossip from the world of showbiz. **9.30 Celebrity Death Match** More cult claymation action.
10.00 PM	**10.00 Swimming** Highlights of the day's action from the European Championships in Helsinki.	**10.30 Sky Sports Centre** **10.45 World Football Show**	**10.30 Wheelbase Club** Featuring club rallying, karting, sprints, hill climbs and drag racing, plus a look back at the most memorable motor racing events in UK history. **11.30 Horsepower** Irish equestrian news.	**10.00 Shell's Wonderful World of Golf: Beard v Sanders v Palmer** Nostalgia from the PGA National Resort course.	**10.00 FILM: Invader** *Cotter Smith, Deirdre O'Connell, Robert Wisdom* Sci-fi thriller. When a UFO crashes in the desert, Dr Case Montgomery and Dr Garcia Scott are put in charge of the investigation team. *1995*	**10.00 The Tom Green Show** Anarchic comedy and variety show. **10.30 Loveline USA** US phone-in show.
11.00 PM	**11.00 Motorcycling** Second round action from the Endurance World Championship held in Estoril, Portugal.	**11.15 World Ten Pin Masters** Coverage from the Milton Keynes Shopping Centre in Middleton Hall as top talents battle it out on the bowling alleys. **12.15am Sky Sports Centre** Latest sports news. **12.30 World Motor Sport** Fast-paced coverage. **3.30-3.45am Sky Sports Centre**	**12midnight Telegraph Action Sport** Extreme sports footage. **12.30am Total Sport** **1.00 International Bowls: Australian Five-a-Side-Doubles Semi-Final** **3.00-3.15am Sky Sports Centre**	**11.00-11.30pm Cue Masters: Higgins v O'Sullivan** Relive this classic 1995 British Open match.	**11.40 Sci-Focus Special** Inside a sci-fi blockbuster. **12midnight Lexx** *791* 790 finds that the pilot of a crashed vessel is a cyborg. **1.00am FILM: Falling Fire** *Michael Paré, Cedric Turner* Sci-fi thriller. *1997* **3.00-4.00am Babylon 5** *A Late Delivery from Avalon*	**11.00 brand:new Live – Metallica** Another chance to catch a live performance by one of the most successful rock bands in the world. **12midnight Superock** The latest releases from the world of rock and metal. **1.00am-6.00am Night Videos**
12.00 NIGHT TIME	**12midnight-12.30am Trial** Coverage of the sixth round of the World Championship in Gefrees, Germany.					

LIVE SWIMMING: EUROPEAN CHAMPIONSHIPS
EUROSPORT 7.00AM, 11.15AM, 1.00PM

It's just 10 weeks before the Sydney 2000 Olympics and Europe's best swimmers will have their work cut out to win a fair share of the medals. That means the European Championships in Helsinki, which start with some opening-day heats this morning, are of special significance. It's the first time in history that the European Championship takes place in the year of the Olympic Summer Games, so athletes like freestyle star Alexander Popov (pictured) will want to be on top form.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Biker Babes, Hot Wheels and High Heels 11.15 Intimate Sessions 12midnight Freeview 12.12am Adult Feature 12.20 Twins Behaving Badly 12.50 FILM: Over the Top 2.05 Girls About Town 2.20 FILM: Surrender 3.45-4.00am Adult Channel Magazine Photoshoot

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Double Agent 12.40 FILM: Lost and Found 1.00 The Five Minute Freeview 1.05 FILM continues 1.55 The Servant 2.20 FILM: The F-Zone 3.30-4.00am Nina

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Monday 3 July

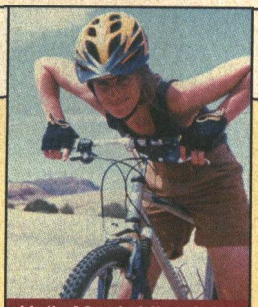
VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon
Behind the Music: Meatloaf
The incredible life story of the multi-million album seller.
1.00pm Greatest Hits: The Bee Gees
1.30 Pop-Up Video
Pop trivia and videos.
2.00 Divas 2000
The soul divas of the millennium sing at Madison Square Gardens, New York City. A mega-star gig featuring Diana Ross, Mariah Carey, Destiny's Child and Donna Summer.
4.00 The Millennium Classic Years: 1998
All the best music and the major headlines from the year of World Cup fever and Beckham's nightmare.
5.00 Ten of the Best: Tina Turner
The raunchy queen of rock talks to VH1's Julia Carling about her ten favourite videos of all time.
6.00 Video Timeline: Elton John
A video exploration of Sir Elton's life and music.
6.30 Greatest Hits: The Bee Gees
7.00 Top Ten
Rundown of the VH1 Hits play list with the big tracks of the moment.
8.00 Divas 2000
Another chance to catch the soulful divas of the millennium at Madison Square Gardens with Diana Ross, Mariah Carey and Donna Summer.
10.00 Behind the Music: 1999
Behind the Music wraps up the year with a recap of the trends and talents that broke through in 1999.
11.00 Talk Music
Pip Dann and Mark Ellen with the latest music news and reviews.
11.30 Greatest Hits: The Bee Gees
12midnight Ed Sullivan's Rock'n'Roll Classics
The original live music show.
12.30am Video Timeline: Elton John
1.00 Hey, Watch This!
2.00 VH1 Country
2.30 Soul Vibration
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Palau
Biologist Jeff Corwin encounters a giant crab and man-eating giant clams.
1.00 Harry's Practice
1.30 Harry's Practice
2.00 Pet Rescue
2.30 Kratt's Creatures
The Great Bear Show
3.00 Good Dog U
Canine obedience and training advice with top handler Joel Silverman.
3.30 Good Dog U
With Joel Silverman.
4.00 Animal Planet Unleashed
Growing herbs to attract butterflies on a farm.
4.30 Croc Files
A look at pythons.
5.00 Pet Rescue
Follows the fortunes of abandoned animals.
5.30 Going Wild with Jeff Corwin
Papua New Guinea
6.00 The Aquanauts
This edition features a close encounter with great white sharks.
6.30 Croc Files
A look at venomous snakes.
7.00 Champions of the Wild
Orang-Utans
With Birute Galdikas.
7.30 Champions of the Wild
8.00 Animal Rescue
David Bellamy presents a film detailing rescue operations performed for animals threatened by man and nature.
9.00 Crocodile Hunter
Return to the Wild
Hunting an injured rogue crocodile which is terrifying the local population.
10.00 The Big Animal Show
Crocodiles
10.30 The Big Animal Show
Lemurs
11.00 Emergency Vets
Behind-the-scenes at a busy veterinary practice.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area



Holly Morris bikes it in 'Treks in a Wild World'. National Geographic Channel 8.30pm

ITV2
ACCESS PACK

4.00pm Trisha
More heartwarming and hair-raising true stories in a double bill of the chat show with Trisha and a studio audience. Text
6.00 Total Action
Sports magazine featuring action from a range of exciting and offbeat sports. Including *Extra Time with Ron Atkinson.*
7.00 F1: French Grand Prix Highlights
Jim Rosenthal introduces highlights with commentary by Murray Walker and Martin Brundle. Text
8.00 Sunset Beach
Casey and Michael find a new home for runaway teenager Tiffany, who proves to be trouble.
8.50 Chart Choice
9.00 The Last Train
Sci-fi drama series about the aftermath of a meteorite colliding with Earth. Text
10.00 Coronation Street
Tonight's episode shown earlier on ITV. Text
10.30 Nuts and Bolts
Welsh drama.
11.00 The Jerry Springer Show
Outrageous US talk show discussing unconventional relationship issues.
11.50 Late Show with David Letterman
Top-rated chat show with major celebrity guests.
12.40am Freaky Stories
12.50 Board Wild
1.20-1.50am Planet Rock Profiles
David Bowie

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style
8.00 Ready, Steady, Cook
8.30 Can't Cook, Won't Cook
9.00 Our House 9.30 Antiques Watch 10.00 Change That 10.30 House Invaders 11.00 Fantasy Rooms 11.30 Repair to Remember 12noon Big Strong Girls 12.30pm Style Challenge
1.00 Wine World
1.30 Ready, Steady, Cook
2.00 Front Gardens
2.30 How Does Your Garden Grow?
The team answer gardening questions from the Northern Horticultural Society.
3.30 Ground Force
Experts makeover gardens in just two days.
4.00 Stefan's Garden Roadshow
Solving garden dilemmas.
4.30 Travel Xpress
A report on the Sweet Grass Ranch in Montana.
5.00 Travel Xpress
A look at European city breaks, covering Lisbon, Berlin and Bruges.
5.30 Can't Cook, Won't Cook
Cookery challenge. Young cooks create recipes.
6.30 The Antiques Inspectors
Experts uncover previously hidden treasures.
7.00 The House Detectives
Blackbushe House
Clues to the past of houses.
7.30 Change That
Furniture makeovers.
8.00 Style Challenge
Leading fashion experts give people makeovers.
8.30 á la mode
This programme features wedding dresses.
9.00 Rick Stein's Seafood Odyssey
Seafood of Naples
9.30 Antiques Roadshow US
NEW SERIES A tour of 13 cities, beginning in Chicago, where experts value local finds.
10.30 House Invaders
Plaistow
Home improvement series.
11.00 Garden Magic
11.30 Gardeners' World
Gardening magazine. This programme comes from a viewer's garden.
12midnight Ground Force
Gardening makeovers with Alan Titchmarsh and Charlie Dimmock.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki offers help and advice on gardening dilemmas and problems.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Billingsgate
7.55 Deadly Liaisons
8.25 Chimpanzee Diary
8.50 Battersea Dogs' Home
9.20 Tomorrow's World Plus 10.20 Secrets of World War II 11.15 Cheetahs 12.15pm Chimpanzee Diary 12.45 City Hospital 1.45 Dream House 2.15 Dream Wheels 2.45 Billingsgate
Fish Tales
The c haracters in London's Billingsgate fish market.
3.45 Battersea Dogs' Home
This episode looks at how staff deal with badly behaved dogs.
4.20 Animal Hospital
From the RSPCA Harmsworth Hospital.
4.50 Animal Hospital – Fleas and All
Behind-the-scenes look at this popular series. Text
5.25 Back to the Floor
5.55 City Hospital
Series in which Gaby Roslin and her team of co-presenters report on daily life at Southampton General Hospital.
6.55 The Air Show
An exclusive flight in the cockpit of the navy's newest helicopter.
7.25 Disaster
Spiral to Disaster
The Piper Alpha disaster.
8.00 Animal Hospital
A look behind-the-scenes at an RSPCA animal hospital.
8.30 Back to the Floor
Breaking the Mould
9.00 Paddington Green
The lives of people living in Paddington Green.
9.35 Destination Nightmare
Holidaymakers caught up in nightmare events.
10.40 Billy Connolly's World Tour of Australia
Billy visits a reconstruction of *The Bounty.*
11.30 Secrets of the Paranormal
UFO – Britain's Secret File
12midnight Jailbirds Text
12.30am-1.00am Jailbirds

UK PLAY:
1.00am Shooting Stars 1.30 Fast Show 2.05 Vic Reeves Examines 2.35 Reeves and Mortimer 3.10 Soundtrack to My Life 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Joe's Pop Shop 5.00 Chris Moyles Show 5.30 Sound of Play 6.30-7.00am The Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa Bramley's Seasonal Kitchen 7.30 Coxon's Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 Year at Ballymaloe 9.30 Ideal Home Cooks 10.00 Slice of Life 10.30 Simply Baking 11.00 Slice of the Action 11.30 Nancy Lam's Wok Wiz 12noon Scotland's Larder 12.30pm Cucina Valentina 1.00 Kitchen College 1.30 Antony's Morocco 2.00 Network Daily 2.45 Quick Cooks
3.00 A Year at Ballymaloe
3.30 Tessa Bramley's Seasonal Kitchen
Recipes include asparagus with tarragon sabayon.
4.00 Simply Baking
Puddings
4.30 Ideal Home Cooks
Visit Lindsey Bovill's oriental-style home.
5.00 Superchefs
5.30 Scotland's Larder
6.00 Coxon's Kitchen College
6.30-7.00pm In Season

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Return of the Plagues
Scientists believe that the possibility of a modern day epidemic sweeping across the globe is all too likely.
8.00 The Subterraneans
The New York subway.
8.30 Treks in a Wild World: Colorado to Utah, Texas
9.00 A Microlight Odyssey
Two microlight pilots set out from the UK to circumnavigate the world.
9.30 Ice Climb
10.00 Relics of the Deep
Dr Robert Ballard attempts to uncover secrets of the lost Sea People off the coast of the Holy Land.
11.00 Great White Encounter
Daring divers attempt to discover if the great white shark deserves its lethal, man-eating reputation.
12midnight-1.00am Ark of Africa
A visit to the Chipangali Wildlife Orphanage in Zimbabwe which offers a second chance for injured or orphaned native wild animals.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
7.30 Winner Takes All
8.00 Gladiators
9.00 Whittle
9.30 Strike It Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
Contestants face the super-fit Gladiators in physical fitness and combat challenges.
1.30 The Cooler
2.00 Karaoke Challenge
South Shields
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop
Home shopping service.

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Grassroots 7.00 Down to Earth with Antony Henn 7.30 The Close Guide 8.00 How to with B & Q 8.05 These Four Walls 8.35 Hot Property 9.05 The Joy of Painting 9.35 Grassroots 10.05 How to with B and Q 10.10 Down to Earth with Antony Henn 10.40 Two's Country 11.10 Our House 11.40 How 2 Crew 12.10pm How to with B & Q
12.15 This Old House with Steve and Norm 12.45 This Old House with Steve and Norm 1.15 The New Yankee Workshop 1.45 Home Again with Bob Vila 2.15 How to with B & Q 2.20 The House Doctor 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am High Adrenalin Action 10.30 Ibiza 2000 11.00 That Film Show 11.30 World Wind Surf 12noon Surf Film 1.00pm Byte Me 1.30 High Adrenalin Action 2.00 Boardstupid 2.30 Byte Me 3.00 buzz:tracks 4.00 High Adrenalin Action 4.30 Chilli Factor 5.00 e-trippers 5.30-6.00pm Scratch TV

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

Monday 3 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

DISCOVERY
WORLD PACK

3.00 PM

4.00pm Rex Hunt Fishing Adventures
Savour an exotic Indian-style delicacy made from steamed fish.
4.30 Discovery Today

4.00 PM

5.00 Lost Treasures of the Ancient World
Carthage
Find out how this this once-great North African city may have looked.

5.00 PM

6.00 Hunters
Crawling Kingdom
Documentary which takes a close-up look at the fascinating world of insects and spiders.

6.00 PM

7.00 Future Tense
Bugs
NEW SERIES A look at friendly viruses.
7.30 Discovery Today
Science magazine.

7.00 PM

8.00 Lonely Planet
Greece
Christina Chang journeys through Greece, taking in Athens, Areopoli and the island of Chios.

8.00 PM

9.00 The Quest
Swimming with Giants
Observe an annual gathering of humpback whales in an isolated reef called Silver Bank.

9.00 PM

10.00 Cosmetic Surgery – The Pursuit of Perfection
Follow three patients through the process of cosmetic surgery.

10.00 PM

11.00 Robot Warriors
An investigation into the use of advanced computers and robotics in warfare, and the consequent potential for error.

11.00 PM

12midnight Time Team
Richmond
Tony Robinson and the team search for the remains of Richmond Palace.
1.00am Wonders of Weather
Snow
1.30-2.00am Discovery Today

12.00 NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30 Dexter's Laboratory
4.00 The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30 Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Johnny Bravo
The bequiffed egomaniac returns for more preening and posturing.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Hang out with the cavemen behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky crimefighting.
7.30 Looney Tunes
8.00 Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm FILM: 55 Days at Peking
Charlton Heston, Ava Gardner, David Niven
Historical drama set in China. Diplomats, soldiers and other representatives of a dozen nations attempt to put aside their differences as they fend off the siege of the International Compound in Peking during the 1900 Boxer rebellion. *1963*
12midnight-1.00am Warner Bros – 75 Years of Comedies

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

NICKELODEON
FAMILY PACK

7.00am Rugrats 7.30 Kenan and Kel 8.00 Sabrina the Teenage Witch 8.30 Hey Arnold! 9.00 Arthur 9.30 Fraggle Rock 10.00 The Magic School Bus 10.30 Bananas in Pyjamas 11.00 Babar 11.30 Arthur 12noon Thomas the Tank Engine 12.30pm Blue's Clues 1.00 Rugrats 1.30 Noah's Island 2.00 Babar 2.30 Mona the Vampire

3.00 The Wild Thornberrys
3.30 Rugrats
Fun with the tousle-headed nippers and their over-fertile imaginations.
4.00 Hey Arnold!
More adventures with the kid with the cool quiff.
4.30 Two of a Kind
Another bout of fun and frolics with the twins.
5.00 Sabrina the Teenage Witch
5.30 Kenan and Kel
The adventures of two funky friends.
6.00 Sister Sister
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 Caroline in the City
8.00 Ellen
Trick or Treat: Who Cares?
Spence has a troubled Hallowe'en.
8.30 Just Shoot Me
The Devil and Maya Gallo
9.00 Married... With Children
You've Got to Know When to Fold 'Em – Part II
9.30 Cybill
Mother's Day
10.00 Frasier
Ham Radio
10.30 Harry Hill
The big-collared funnyman presents his own peculiar brand of inspired lunacy.
11.00 Vic Reeves Big Night Out
11.30 Cheers
A Bar is Born
Rebecca prepares to spend a night with Robin.
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio
1.35 Duckman
2.00 DiResta
2.30 Encore! Encore!
3.00 It's Garry Shandling's Show 3.30-4.00am Abbott and Costello

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

3.00 Diabolik
Fun with the cool cat.
3.25 Woody Woodpecker
3.35 Sailor Moon
Cult Japanese cartoon.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50 Mad Jack the Pirate
5.00 Monster Rancher
5.20 Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
A round-up of all the best-selling items.
7.00 Home Shop!
Ideas and products to help you around the home.
8.00 Holiday Shop!
Items for the holidaymaker.
8.30 Clothes Shop!
View a sample of Shop!'s extensive fashion range.
5.00pm Shop! Sale Selection
A round-up of all the best-selling sale items.
6.00 Jewellery Shop!
A range of jewellery ideas.
7.00-7.30pm Kitchen Shop!
Culinary equipment.

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows. Saturdays: The best of the week and children's programming. Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart*.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 CNN & TIME 10.30 Sport 11.30 Biz Asia 12.30pm CNNdotCOM 1.15 Asian Edition 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Artclub 5.00 CNN & TIME 7.30 Business Today 8.30 Q&A 9.30 Insight 10.00 Business Today 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia Business 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 World News 5.00 Live at Five Jeremy Thompson and Kay Burley look at the day's top stories and issues. 8.30 Sky Business Report 9.30 Showbiz Weekly 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Showbiz Weekly 4.30 The Book Show 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal Télévisé 5.15 Journal des Journaux 5.30 Télématin et le Journal de Temps 7.00 Journal 7.30 Branché 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Le Dernier Tour 11.00 Infos 11.05 100% Questions 11.30 Journal Télévisé 12noon Infos 12.05pm Autour du Tour 1.00 Journal Télévisé 1.15 Le Dernier Tour 3.00 Journal Télévisé 3.15 Questions 3.30 Méditerranéo 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal Télévisé 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal 7.30 Journal et le Journal du Temps 8.00 Infos 8.05 Le Point 9.00 Journal 9.15 Cinéma: Une Etrange Affaire 11.00 Le Journal du Tour 11.30-12midnight Infos

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Ekas Ke Hum Barik 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Geet Baney Sangeet 12.30pm Junoon 1.00 Swabimaan 1.30 FILM 4.00 Darpan 4.30 Kakaji Kahen 5.00 Music Box 5.30 MTV Fresh 6.00 Tiger 6.30 Rajni 7.00 Swabimaan 7.30 News 8.00 Aarzoo 8.30 FILM 11.30 News 12midnight MTV Hitlist 1.00am FILM 4.00 Kakaji Kahen 4.30 Music Box 5.00 Chand Grehan 6.00 Bhakti Sagar 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Yaadein 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Hindu 7.30 News 8.00 Zaike Ka Safar 8.30 Tara 9.00 Mehendi Tere Naam Ki 9.30 Basera 10.00 Karb 11.00 Jhat Pat Khana 11.30 Aangan 12noon FILM 3.00pm Hello Friends 3.30 Pride Ka Aashirwad 4.00 Raahat 4.30 Quiz Contest 5.00 Hum Paanch 5.30 Aangan 6.00 Pakistan Show Time 7.00 Hadd Kar Di 7.30 Top of the Tops 8.00 News 8.30 Chingari 9.00 Sa Re Ga Ma 10.00 Thriller at 10 10.30 Net Asia Up Beat 11.00 Behind the Headlines 11.30 Pakistan Business Week 12midnight Punjabi News 12.15am News Bulletin 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00-6.00am My Choice

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Andrew Wommack 6.00 CMTV 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 Money Matters 8.20 Thought for the Day 8.30 Life in the Word 9.00 CMTV 9.30 Winning Ways 10.00 Israel Vision 10.30-11.00am Dream Replay

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.30 Wall Street Report 3.00 Tokyo Live 3.30 Wall Street Report 5.05-6.00am Tokyo Live

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am North of Westminster 6.00 Midlands at Westminster 6.30 North Westminster 7.00 Dateline London 7.30 Euro Brief 8.00 Around Westminster 8.30 Select Committees 2.30pm House of Commons 11.00 The Record 11.30-12midnight Dateline London

THE HISTORY CHANNEL
WORLD PACK

12noon Siege
Castles at War
1.00pm The Habsburg Family Jewels
2.00 Biography
Crazy Horse
Profile of the Sioux chief.
3.00 Spies
House of Spies
3.30 Victory at Sea
Killers and the Killed
4.00 Attack Helicopters
5.00 Great Planes
The Mustang
6.00 Lost Civilisations
Ancient Egypt: Quest for Immortality
6.55 Photos for the Future II
7.00 The Mighty Hood
8.00 Biography
Prince Philip
9.00 Great Crimes and Trials
Dennis Nilsen
9.30-10.00pm Great Crimes and Trials
John Christie of Rillington Place

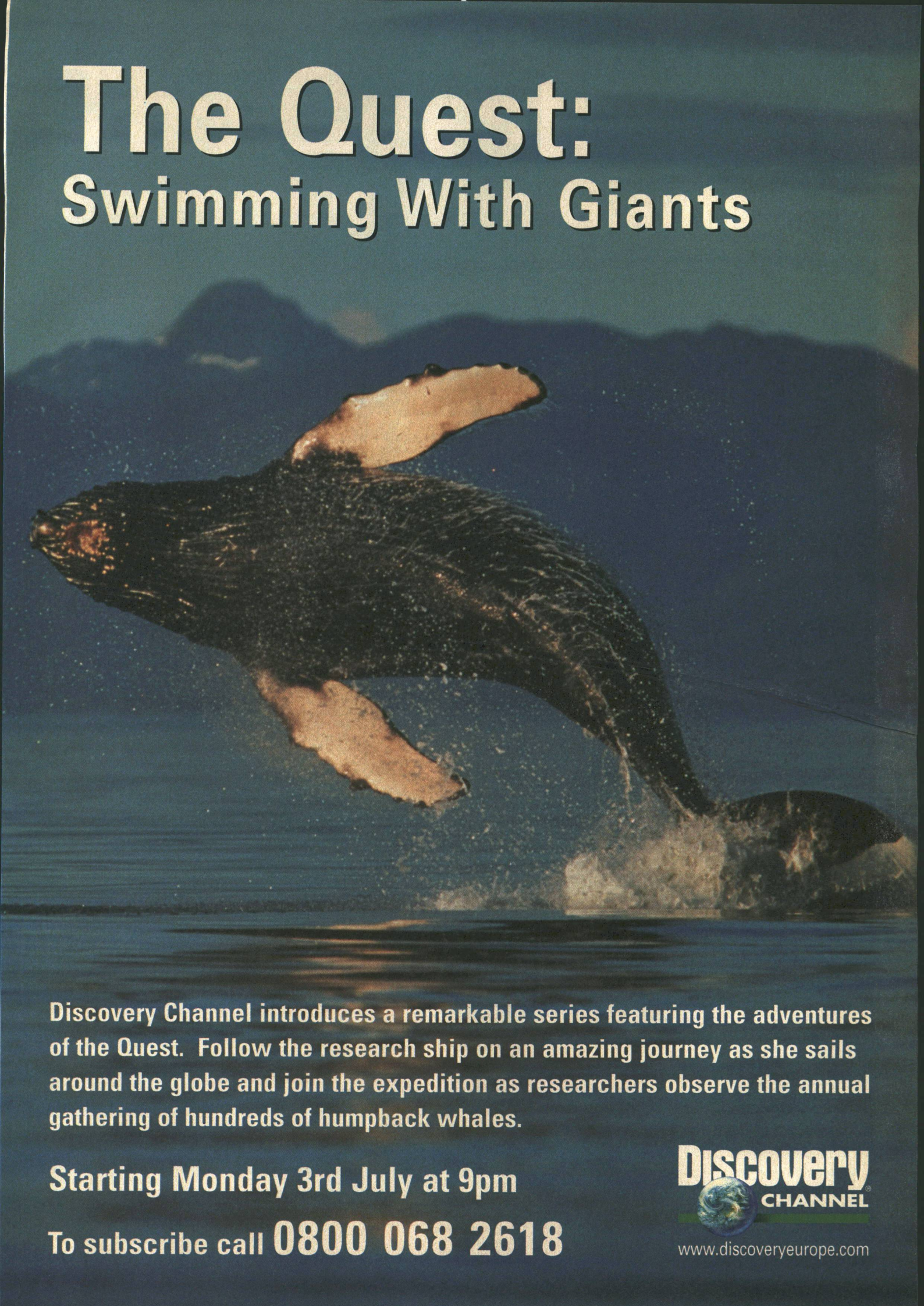
TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion Outlet at 3.00pm.

The Quest:
Swimming With Giants



Discovery Channel introduces a remarkable series featuring the adventures of the Quest. Follow the research ship on an amazing journey as she sails around the globe and join the expedition as researchers observe the annual gathering of hundreds of humpback whales.

Starting Monday 3rd July at 9pm

To subscribe call 0800 068 2618

Discovery CHANNEL

www.discoveryeurope.com

Tuesday 4 July

SKY PREMIER
PREMIUM CHANNEL

MORNING

6.00 AM
6.00am Love After Death
1998, rating Sky U, 87 mins
7.30 Free Willy III: The Rescue
Text *1997, rating Sky U, 82 mins*
8.55 Seven Years in Tibet
Text *1997, rating Sky PG, 130 mins*
11.10 Pit Pony
1997, rating Sky PG, 88 mins
12.45pm Jungle Boy
David Fox, Lea Moreno
1993, rating Sky PG, 85 mins
2.15 The Legend of Pirate's Point
Asher Metchik, Sam Gifaldi
Adventure mystery. A boy befriends the descendant of a local pirate and learns about some buried treasure. *1999, rating Sky U, 82 mins*

3.00 PM
3.45 Seven Years in Tibet
Brad Pitt, David Thewlis, BD Wong, Lhakpa Tsamchoe
Epic adventure based on a true story. An Austrian mountaineer travels to the hauntingly beautiful and utterly alien civilisation of 1940s Tibet. There, he strikes up a friendship with the previously isolated and voraciously curious Dalai Lama, a 14-year-old ruler considered a god in his own land. Text *1997, rating Sky PG, 130 mins*

4.00 PM
5.00 PM
6.00 PM
6.00
Free Willy III: The Rescue
Jason James Richter, August Schellenberg, Annie Corley
Aquatic adventure sequel. A friendly orca whale teams up with a boy and his adoptive father to save the local whale population from poachers – one of whom turns out to be the father of the boy's friend. Text *1997, rating Sky U, DS, 82 mins*

7.00 PM
8.00 PM
8.00
What Dreams May Come
Robin Williams, Cuba Gooding Jr, Annabella Sciorra, Werner Herzog
Romantic fantasy drama. After his death, a man finds himself enjoying an idyllic afterlife. He soon discovers that existence, even in this heavenly place, can still involve the risk of heartbreak. Text *1998, rating Sky 15, DS, 109 mins*

9.00 PM
10.00 PM
10.00 Les Miserables
Liam Neeson, Geoffrey Rush, Uma Thurman, Claire Danes
PREMIERE Period drama set in France, adapted from the classic novel by Victor Hugo. A reformed petty thief is relentlessly pursued by an obsessive police officer who will not allow him to forget his past mistakes and lead a quiet, law-abiding life. *1998, rating Sky 12, DS, 128 mins*

11.00 PM
12.00
12.15am Scissors
Sharon Stone, Steve Railsback
1990, rating Sky 18, 92 mins
1.55 Amy Foster
Vincent Pérez, Rachel Weisz
Text *1998, rating Sky 15, DS, 109 mins*
3.50-5.45am This is the Sea
Richard Harris, Gabriel Byrne
1995, rating Sky 15, DS, 100 mins

NIGHT TIME

SKY MOVIEMAX
PREMIUM CHANNEL

6.05am Love, Murder and Deceit
1996, rating Sky PG, 88 mins
8.00 Danielle Steel's Changes
1991, rating Sky PG, 91 mins
9.40 Danielle Steel's Star
1993, rating Sky PG, 88 mins
11.35 Hearts on Fire
1992, rating Sky PG, 89 mins
1.10pm In Your Wildest Dreams
Trevor Black, Lisa Williams
1993, rating Sky U, 84 mins
2.45 Danielle Steel's Changes
Cheryl Ladd, Michael Nouri
Romantic drama. A successful TV anchorwoman and single mother falls in love with and weds a cardiologist. Each has children from previous marriages, and their attempt to unite their offspring as a new family runs into resistance. *1991, rating Sky PG, 91 mins*

4.25 Love Letters
Laura Linney, Steven Weber, Emily Hampshire, Stephen Joffe
Romantic drama. A pair of former childhood sweethearts remain faithful friends throughout their lives through their regular, often heart-wrenching, correspondence. *1998, rating Sky PG, DS, 86 mins*

6.00 Hearts on Fire
Lesley Ann Warren, Tom Skerritt, Marg Helgenberger, Ray Baker
Emotional drama. A man hires a young woman to look after his multiple sclerosis-stricken wife and ends up falling in love with her. When his teenage daughter finds out about the affair she takes prompt action to ensure that it does not continue. *1992, rating Sky PG, 89 mins*

8.00 Home Fries
Drew Barrymore, Luke Wilson, Catherine O'Hara, Jake Busey
PREMIERE Offbeat romantic comedy. When the father of her unborn child is killed, a young woman becomes the killer's next target. But the assassin finds himself falling in love instead. Text *1998, rating Sky 12, DS, 90 mins*

10.00 The Perfect Tenant
Maxwell Caulfield, Linda Purl, Tracy Nelson, Earl Holliman
PREMIERE Thriller. A man is released from a psychiatric hospital, determined to punish the woman he holds responsible for his father's suicide. *1999, rating Sky 15, 89 mins*
11.35 Nico
Steven Seagal, Pam Grier
Action thriller. A tough Chicago cop deals with a drugs ring. *1988, rating Sky 18, DS, 95 mins*
1.15am In Gold We Trust
1990, rating Sky 15, 87 mins
2.50 Love Hurts
1989, rating Sky 15, DS, 102 mins
4.40-6.25am
Love, Murder and Deceit
1996, rating Sky PG, 88 mins

MOVIE RATINGS
Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled
on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

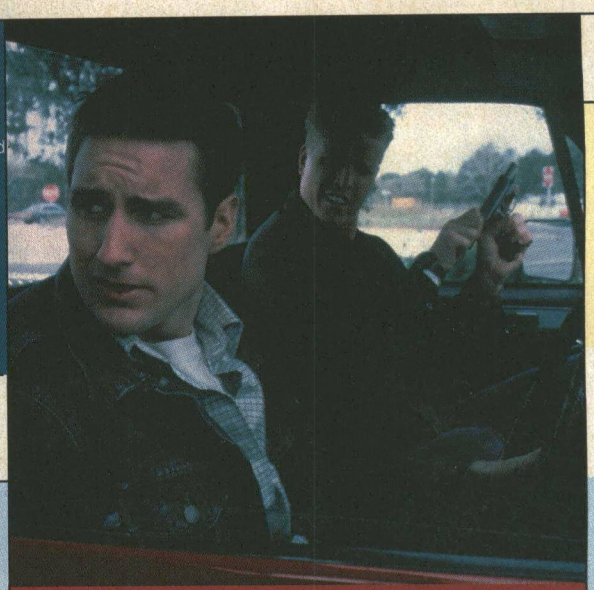
SKY CINEMA
PREMIUM CHANNEL

4.00pm Operation Pacific
John Wayne, Patricia Neal, Scott Forbes, Ward Bond
World War II drama centring on a tough US submarine commander. Despite various personal problems, he nevertheless manages to focus on his job when he and his crew are sent on a hazardous mission against the Japanese. *1951, rating Sky U, 105 mins*

6.00 Doris Day: It's Magic
Documentary about the Hollywood actress, singer and animal rights champion, following her career from its earliest days in Ohio when she hoped to become a dancer – until a terrible accident put paid to that dream. However, she was soon to find lasting fame in a succession of popular films. *1998, rating Sky PG, 90 mins*

8.00 Cool Hand Luke
Paul Newman, George Kennedy, Jo Van Fleet, JD Cannon
Classic prison drama about a chain-gang prisoner in the US Deep South serving a sentence for decapitating parking meters. His stubborn refusal to kow-tow to the bullying boss man earns him heroic status among his fellow convicts. *1967, rating Sky 15, 121 mins*

10.10 Tightrope
Clint Eastwood, Genevieve Bujold, Dan Hedaya
Psychological thriller about a tough New Orleans cop hunting a serial killer. The former begins to suspect that he may share some of the latter's less appealing traits when he finds that some of the victims are personal acquaintances. *1984, rating Sky 18, 110 mins*
12.05am Alex and the Gypsy
Jack Lemmon, James Woods
1976, rating Sky 15, 95 mins
1.45 Mack the Knife
Raul Julia, Richard Harris
1989, rating Sky 15, 117 mins
3.50 Doris Day: It's Magic
1998, rating Sky PG, 90 mins
5.30-6.00am Hollywood Hall of Fame: Charlton Heston



The chips are down for Luke Wilson and Jake Busey in the premiere of 'Home Fries'. Sky MovieMax 8.00pm

FILMFOUR
ADD-ON CHANNEL

6.00pm Summer Holiday
Cliff Richard, Lauri Peters, Melvyn Hayes, Una Stubbs
Musical adventure. A quartet of young men escape the drab British weather by going on a Continental vacation aboard a red London bus. On their carefree, sun-kissed travels they encounter girls, colourful characters and an apparent kidnapping plot. *1962, 104 mins*

8.00 Passion Fish
Mary McDonnell, Alfre Woodard, Angela Bassett, Lenore Banks
Drama. Incapacitated by an accident, a fading TV star reluctantly seeks a live-in nurse. However, such is her bitterness and intolerance that no one will stay in the job for more than a few days – until a young woman with her own reasons for sticking to a steady job accepts the post. *1992, 130 mins*

10.20 Scream
Drew Barrymore, Neve Campbell, David Arquette, Courteney Cox
Horror thriller. A teenage girl is targeted by a serial killer with a horror film fixation who has stalked and murdered one of her classmates. A tabloid reporter sets out to identify the culprit from a roster of likely suspects. Text *1996, 106 mins*
12.15am A Nightmare on Elm Street 3: Dream Warriors
Patricia Arquette, Robert Englund
Horror. *1987, 96 mins*
1.55 Ah Pook is Here
2.05
Wes Craven's New Nightmare
Horror thriller. *1994, 107 mins*
3.55-6.00am Party Party
Comedy. *1982, 94 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm
A Lady Takes a Chance
Jean Arthur, John Wayne, Charles Winninger, Phil Silvers
Romantic comedy. A tough rodeo rider meets a stranded female office worker from New York City. Taking her under his wing, he treats her to a taste of the old-time cowboy life, complete with gambling, drinking and brawling. *1943, 86 mins*

9.00 Escape from Sobibor
Alan Arkin, Joanna Pakula, Rutger Hauer, Hartmut Becker
World War II drama. After an escape from the Treblinka death camp, the commandant of a similar camp at Sobibor is determined to make sure that it will not happen again. The prisoners, aware that they are living on borrowed time, know that any escape attempt must include them all if Nazi reprisals are to be avoided. However, the idea of killing their guards leaves some feeling that they have descended to the barbaric level of their captors. *1987, 150 mins*
12midnight Home Invasion
Veronica Hamel, Bonnie Root
Thriller. *1997, 86 mins*
2.00am Death Train
Pierce Brosnan, Patrick Stewart
Thriller. Text *1993, 95 mins*
3.45 The Hands of Orlac
Horror thriller. *1961, 95mins*
5.30-7.00am Personal Affair
Crime drama. *1954, 83 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE PRINCE OF EGYPT
Rating U, 95 mins
Animated epic. Two young princes are brought up together. One will rule Egypt, while the other will grow up to become one of the world's greatest heroes. Voices of Sandra Bullock and Ralph Fiennes.
T/C: Animation, biblical tale.
BL: None.
S/N: None.
V: Some mild biblical horror.
6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm

Channel 51 Evening

THE FACULTY
Rating 15, 101 mins
Sci-fi thriller. A group of kids finds that their teachers have been taken over by a group of aliens who are bent on world domination. Stars Jordana Brewster, Clea DuVall and Laura Harris.
T/C: Sci-fi, horror.
BL: Frequent, strong.
S/N: Once, moderate.
V: Frequent, moderate.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

8MM
Rating 18, 119 mins
Thriller. A surveillance specialist is hired to find out the truth about a sordid video found in a dead man's effects. Stars Nicolas Cage, James Gandolfini and Joaquin Phoenix.
T/C: Thriller, snuff movies.
BL:Frequent, strong.
S/N: Frequent, strong, fetish.
V: Frequent, strong.
6.15pm, 8.30pm, 10.45pm, 1.00am, 3.15am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple are trying to recover from a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Count Duckula
6.30 Grimmy
7.00 Starship Troopers
7.30 Pokémon
8.00 Pokémon
8.30 Pokémon
9.00 The Oprah Winfrey Show
10.00 Jenny Jones
11.00 Sally Jessy Raphael
12noon Jenny Jones
1.00pm Sally Jessy Raphael
2.00 Jenny Jones

3.00 Count Duckula
Alps-a-Daisy
Duckula competes in winter sports competitions.
3.30 Pokémon
A Friend in Deed
4.00 Pokémon
Friend and Foe Alike
Ash and Richie find themselves competing against each other.
4.30 Pokémon
Friends to the End
5.00 Star Trek: Voyager
Day of Honour
The *Voyager* is ambushed by the Caatati, a race assimilated by the Borg, who demand Seven of Nine as a ransom. Text
6.00 Veronica's Closet
Veronica's Blackout
Ronnie goes to Las Vegas. Text
6.30 Friends
The One with the Yeti
US sitcom set in New York. Text
7.00 The Simpsons
Homer versus the 18th Amendment Text
7.30 The Simpsons
Two Cars in every Garage and Three Eyes on every Fish Text
8.00 JAG
Rules of Engagement
Harm defends the X-Man, a young hothead, when the pilot inadvertently kills three Russian peacekeepers in Serb territory.
9.00 World Wrestling Federation – Smackdown
Jim Ross, Michael Cole and Kevin Kelly host new, all-action episodes from the World Wrestling Federation. Fans of the world-famous wrestling show can expect to see the biggest stars like the Undertaker, Mankind, 'Stone Cold' Steve Austin, Paul Bearer and the Godfather involved in the action.
11.00 Toughman
Sarasota
With no scripts to guide them, a succession of fearless men step into a boxing ring and fight for three intense, one-minute rounds.
12midnight Uncut Season
Uncut! Miami Uncovered
An episode of the series which lifts the lid on some of the more colourful aspects of life in Miami.
1.00am Star Trek: Voyager
Day of Honour Text
2.00 New York Undercover
A Time of Faith – Part II
3.00am-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Keeping Up Appearances Text 6.30 Birds of a Feather Text
7.05 Crossroads 7.30 Dynasty
8.25 EastEnders Text
9.00 The Bill Text
9.30 The Bill Text
10.00 The House of Eliott
11.00 Knots Landing
11.55 Neighbours
12.25pm EastEnders Text
1.00 Dangerfield
2.00 Knots Landing

3.00 The Bill
Hook, Line and Sinker
A swindler uses her feminine wiles to dupe clients. Text
3.30 The Bill
No Claims Bonus Text
4.00 EastEnders
Carol treats Alan to a night to remember. Text
4.35 Neighbours
Annalise is presented with an opportunity for blackmail.
5.00 'Allo 'Allo!
Michelle enlists Rene to try to retrieve the Fallen Madonna locked in Herr Flick's safe. Text
5.40 Bread
When Freddie's seafaring brother dies, the Boswells decide on a burial at sea. Text
6.20 The Brittas Empire
The Stuff of Dreams
Colin has some very strange dreams about eagles.
7.00 To the Manor Born
Audrey's hopes of regaining her position as Lady of the Manor look like being dashed. Text
7.40 Keeping Up Appearances
Richard foolishly forgets his wedding anniversary. Text
8.20 Birds of a Feather
Business is Business
Sharon is faced with the biggest decision of her life. Text
9.00 One Foot in the Grave
The Pit and the Pendulum
Patrick's cherry tree launches an attack on Victor's junipers. Text
9.40 The Scold's Bridle
When a woman is found dead in her bath, her wrists slit and her stomach filled with barbiturates, it looks like suicide. However, the medieval torture instrument tied around her head points to a different conclusion. Text
11.15 Dangerfield
House Calls
A woman is involved in a car crash in which the other victim is a criminal who escapes from police custody. Text
12.20am The Bill Text
12.50 The Bill Text
1.25 This Life Text
2.15 Going Straight
2.50 EastEnders Text
3.25 The Scold's Bridle Text
4.50 Bread Text
5.25-6.00am To the Manor Born

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside
9.30 Home and Away
10.00 The Jerry Springer Show
10.50 Forgive or Forget
11.40 Maury Povich
12.30pm Special Babies
1.00 She's Gotta Have It
1.30 Judge Judy
2.00 Streetmate
2.30 Maury Povich
American talk show dealing with emotional conflicts.

3.20 Relationship SOS
Advice to people who need to revamp their relationships.
3.50 Forgive or Forget
Host Mother Love tries to resolve guests' problems by giving them the chance to forgive each other.
4.40 Oh Baby
Sitcom about a woman who has a baby by artificial insemination.
5.05 Streetmate
Davina McCall scours the country for single people with a view to finding them partners.
5.35 Ready, Steady, Cook
Two chefs compete against the clock to create exciting recipes.
6.10 The Jerry Springer Show
Talk show in which Jerry Springer and his guests engage in heated discussion about relationships.
7.00 Judge Judy
Judge Judy Sheindlin presides over real-life cases and conflicts.
7.30 Will and Grace
US sitcom about a woman and a gay man sharing a flat.
8.00 Charmed
Drama series about three sisters who move into a house left to them by their grandmother to find they have inherited her powers of witchcraft.
9.00 FILM: Between Love and Honor
Grant Show, Maria Pitillo, Robert Loggia, Michael Nouri
Fact-based drama in which an undercover detective has to choose between his career and his love life after he falls for the god-daughter of a New York crime boss. *1994*
10.50 Secret Suburbia
A look at some seemingly ordinary suburban residents and their extraordinary lives.
11.20-12midnight Erotic Confessions
Another late-night helping of erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Shopping Across the UK
6.30 The Odd Couple 7.00 Plus on Plus
7.30 Jokers Wild 8.00 Hogan's Heroes
8.30 Man About the House
9.00 Classic Coronation Street Text
9.30 Emmerdale Text
10.00 Mission: Impossible
11.00 Only When I Laugh
11.30 The Lovers 12noon Classic Coronation Street Text
12.30pm Emmerdale Text
1.00 Sorry
1.30 Bless This House
2.00 Hawaii Five-0

3.00 Boon
A Fistful of Pesetas
An unwelcome guest checks in at the Coaching Inn and is kidnapped. With Michael Elphick and David Daker.
4.00 Kojak
Monkey on a String
A young member of the police force, who is addicted to gambling and in debt, falls prey to a powerful criminal.
5.00 Hart to Hart
Passport to Murder
While on their yacht in Mexico, Jonathan and Jennifer try to help out a friend and end up in jail on drug-dealing charges.
6.00 Emmerdale
Rachel makes a discovery that will change her life. Text
6.30 Classic Coronation Street
Bet finds out about Frank. Text
7.00 Sorry
A Little Something Set Aside
Mother discovers that Timothy has some savings.
7.30 Bless This House
Beautiful Dreamer
8.00 Boon
Paper Mafia
Rocky's in love again, this time with the delectable daughter of the owner of a pizza restaurant. With Michael Elphick.
9.00 Kojak
Another Gypsy Queen
Kojak has to contend with a vengeful gypsy.
10.00 Hale and Pace
10.30-11.00pm The Comedians

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Cheerleaders – Backstage Special
Behind the scenes of a nude model photo shoot featuring the stars of the Beverly Hills Naked Cheerleader Contest.
12midnight Naked Cheerleaders in Beverly Hills
A whole squad of sexy models strut their stuff for the cameras.
1.00am Miami Dolphin Cheerleaders
The girls pose for their 1999 swimwear calender.
1.50-2.00am Wicked Willie
Humorous animated series.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Toons 10.40 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Classic Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
The charming undersea adventures of the beautiful mermaid Ariel. Text
3.30 Sabrina
Animated series. Text
3.55 Art Attack
Award-winning art show hosted by Neil Buchanan.
4.30 Recess
Animated series from the creators of Rugrats.
5.00 Miami 7
Comedy drama series starring the pop band S Club 7. Text
5.30 Smart Guy
Comedy about a smart kid in a class of older children. Text
6.00 Boy Meets World
Friendly Persuasion
Shawn and Angela split up. Text
6.30 Microsoap
The Parker and Smart households have combined. Text
7.00 FILM: In a Class of His Own
Lou Diamond Phillips, Cara Buono, Marisa Rudiak
PREMIERE Fact-based drama in which a high school janitor who left school with no qualifications is forced to retake his exams. *1999*
8.30 Honey, I Shrunk the Kids: The TV Show
Honey, I've Joined the Big Top
Nick is held hostage at a travelling circus, which his family must join to free him. Text
9.15 Flipper
Live-action marine adventure, set in Florida, following the fortunes of the ever-popular dolphin. Text
10.00 Home Improvement
Comedy double bill. Text
11.00 Dr Quinn: Medicine Woman Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

TUESDAY CONTINUES OVERLEAF...

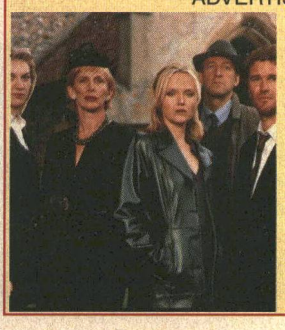
6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

CABLE CHOICE

FILM
8mm
Front Row see listings for details
Reminiscent of the Paul Schrader film *Hardcore*, and also of Yaron Svoray's book *Gods of Death*, this is a dark and uncomfortably compelling thriller. Private detective Nicolas Cage explores the seediest extremes of the sexual underground to investigate a snuff film.

GENERAL
The Scold's Bridle
UK Gold 9.40pm
The first night of a trio of shocking tales based on Minette Walters' popular novels. Miranda Richardson, Bob Peck and Douglas Hodge star in this dark thriller in which a doctor attempts to unlock the secrets behind the placing of a scold's bridle on a dead woman's face.

ADVERTISEMENT
UK GOLD



THE SCOLD'S BRIDLE
9.00PM
UK Gold presents a trio of thrilling tales based on the novels by best-selling writer Minette Walters. The season begins tonight with a two part adaptation of her powerful novel, The Scold's Bride, starring Beth Winslet, Trudie Styler, Miranda Richardson and Douglas Hodge.

Tuesday 4 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM	**7.00am Swimming – LIVE** Coverage of the European Championships in Helsinki. **8.00 Cycling** **9.00 Athletics** **10.00 Water Polo** **11.00 Swimming** **11.15 Swimming – LIVE** **12noon Swimming** **1.00pm Swimming – LIVE** Coverage of the 3m diving. **2.00 Cycling** **2.30 Cycling – LIVE** Coverage of the first team trial since 1995 in the Tour de France. Today's stage follows a 69km course from Nantes to Saint-Nazaire.	**7.00am Sky Sports Centre** **7.15 World Wresting Federation – Livewire 8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics Oz Style 9.30 World Football Show 10.00 Wheelbase Club 11.00 Max Power 12noon Aerobics Oz Style 12.30pm World Football Show 1.00 Polo 2.00 Wheelbase Club**	**7.00am Aerobics Oz Style** **7.30 Sky Sports Centre** **7.45 Racing News 8.15 Asian Sports Show 8.45 Sky Sports Centre 9.00 Telegraph Action Sport 9.30 Total Sport 10.00 World Ten Pin Masters 11.00 International Bowls: Australian Five-a-Side 1.00pm Squash: Super Series Finals 2.00 Pool: World Pool Championships – LIVE** Day four action from this year's World Pool Championships at Cardiff International Arena. The second round of the competition is now underway, involving 16 matches, with the winner of each one being the first to win a nine-frame set. Losers at this stage walk away with a consolation prize of $1,000.	**12noon Horsepower** Highlights of the latest horse racing and equestrian action from the Emerald Isle. **12.30pm Asian Sports Show 1.00pm Telegraph Action Sport 1.30 Total Sport 2.00 Shell's Wonderful World of Golf: Beard v Sanders v Palmer** Golfing heroes play again.	**8.00am Battlestar Galactica 9.00 The Time Tunnel 10.00 Project UFO 11.00 The Incredible Hulk 12noon Babylon 5 1.00pm Highlander: The Raven 2.00 Battlestar Galactica** *The Gun on Ice* *Planet Zero – Part II* Galactica faces a Cylon laser.	**6.00am Select MTV** **8.00 MTV Hits** **9.00 Bytesize MTV** **12noon MTV Hits** Back-to-back hit videos. **12.30pm Daily Edition** **1.00 MTV Hits** **2.00 Hit List UK** The UK chart with all the movers, shakers and the latest chart breakers. With Cat Deeley.
3.00 PM		**3.00 International Bowls: Australian Five-a-Side – Doubles Semi-Final** International bowls action with coverage of the second Australian five-a-side doubles semi-final.		**3.00** **World Motor Sport** Fast-paced coverage from the circuit where all the latest news and views are tracked. From the frantic pace of the Indy Racing League, to the never-say-die approach of the NASCAR series, *World Motor Sport* features every lap from every track. The programme also includes features on the key movers and shakers in the race world. In addition, viewers can gain an insight into life behind the wheel.	**3.00 Robocop** *RoboCop v Commander Cash* Children are rioting all over the city as RoboCop faces a formidable foe.	**3.00 Bytesize MTV** A fast cut window onto the world of music television, featuring highlights from MTV around the world in a barrage of soundbites.
4.00 PM					**4.00** **The Time Tunnel** *Idol of Death* The intrepid time travellers land in Mexico at the time of Cortez.	**4.00 Select MTV** Viewers make MTV their personal jukebox. Live from London everyday with two hours of chat, videos and guest appearances.
5.00 PM	**5.00 Swimming** Coverage of the European Championships in Helsinki, Finland, including the men's 50m butterfly final, 100m breaststroke final and 50m medley semi-final, plus the women's 100m backstroke and breaststroke finals.	**5.00 World Wrestling Federation – Livewire** Michael Cole presents coverage of the latest spectacular World Wrestling Federation bouts.	**5.30** **Sports Unlimited** For a truly comprehensive look at the world of alternative sports, this show covers sports that people rarely hear about. **6.30 Fastrax** High speed motor action in the fast lane.		**5.00 Project UFO** *The Desert Springs Incident* A UFO pursues a theatrical agent and a motion picture writer.	
6.00 PM		**6.00** **Sky Sports Centre** The latest news from the world of sport. **6.30 Beach Soccer: World Championships** Where better than Brazil to host the Beach Soccer World Championships? **7.30 Greyhounds: William Hill Steel City Cup – LIVE** Live action from Sheffield.		**6.00 Rugby League Academy** A look at tomorrow's stars of the game from the youngsters currently impressing the coaches.	**6.00** **The Incredible Hulk** *A Rock and a Hard Place* The fugitive scientist is threatened with exposure from both sides of the law.	**6.00 Bytesize MTV** A constant barrage of bizarre moments from MTVs around the world, in short, snappy soundbites.
7.00 PM	**7.00 Football** A two-hour compilation featuring the best moments of Euro 2000.		**7.00 Pool: World Pool Championships – LIVE** The premier pool action continues from the Cardiff International Arena with live coverage from the second session on day four. The event features 96 players from across the globe competing for the sport's biggest prize from a prize fund of $250,000. Among the competitors is defending champion Efren Reyes from the Philppines.	**7.00** **Ladies' Euro Tour Golf: French Open** Action from the Arras Golf Club at Anzin St Aubin.	**7.00** **Highlander: The Raven** *Reborn* A beautiful Immortal with a fondness for grand larceny is back to her old tricks.	**7.00 MTV Hits** Another hour of back-to-back smash hits and bubbling videos.
8.00 PM				**8.00 LPGA Golf: Shoprite LPGA Classic** The Marriott Seaview Resort at the Bay Course in Atlantic City welcomes the stars of the LPGA Tour. The $1 million purse makes this event one of the richest on the Tour and features 1999 champion Se Ri Pak who led from start to finish last year.	**8.00 Twin Peaks** *Episode 8 – Part II* A prisoner is taken and endures a terrifying experience, while a weird message is also received.	**8.00** **European Top 20** Eden Harrell presents a rundown of the singles and videos topping the charts on the Continent.
9.00 PM	**9.00 Cycling** Tour de France highlights from today's stage of the world-famous cycle race including reactions, interviews and statistics.				**9.00 American Gothic** *Triangle* One person has had enough of the weird occurrences happening and decides to leave.	**9.00 Daily Edition** Stories from the world of showbiz as they break. **9.30** **Celebrity Death Match** Cult claymation series.
10.00 PM	**10.00 Swimming** Highlights of the day's action at the European Championships in Helsinki.	**10.00** **Sky Sports Centre** **10.15 Beach Soccer: World Championships** Action, featuring some of the world's finest footballers, coming from a beach in Brazil. **11.15 Fastrax** High speed motorsport. **11.45** **Sky Sports Centre**	**10.30 World Cup Show Jumping** Top riders from around the world compete against the clock, and each other, at a variety of state-of-the-art show jumping arenas in the 2000 World Cup of Show Jumping. **11.30** **Sports Unlimited**	**10.00 Big Fights: Muhammad Ali** A very special edition of the boxing nostalgia show focuses on 'The Greatest': Muhammad Ali.	**10.00 FILM: Escape from New York** *Kurt Russell, Donald Pleasence, Lee Van Cleef* The whole of Manhattan island has been turned into a prison. When the president's plane crashes on the island, a tough prisoner is sent to find him and bring him back to safety. *1981*	**10.00** **The Tom Green Show** **10.30 Loveline USA** More angst ridden youngsters call up the MTV hotline in LA.
11.00 PM	**11.00 Golf** Coverage and comment from the US PGA Tour Canon Greater Hartford Open at River Highlands Cromwell, Connecticut.			**11.00-11.30pm** **A to Z of Motorsport** Trace the roots and history of the motor racing circuit.		**11.00 brand:new** Zane Lowe takes a look at some of the best new music around, and chats to the hottest young and alternative acts.
12.00 NIGHT TIME	**12midnight-12.30am Sailing** *Sailing World* Magazine programme.	**12midnight Ladies' Euro Tour Golf: French Open** Action from Anzin St Aubin. **1.00am World Cup Show Jumping 2.00 Beach Soccer: World Championships 3.00-3.15am Sky Sports Centre**	**12.30am Asian Sports Show 1.00 LPGA Golf: Shoprite LPGA Classic 3.00 Fastrax 3.30 Ladies' Euro Tour Golf: French Open 4.30-4.45am Sky Sports Centre**		**12midnight Lexx** **1.00am FILM: Panga** *Christopher Lee* Voodoo horror film. *1991* **2.40 Sci-Focus Special** A look behind the scenes of a recent blockbuster movie. **3.00-4.00am Babylon 5** *Ship of Tears*	**12midnight Alternative Nation** A journey into the musical leftfield of MTV. **1.00am-6.00am Night Videos** Music through the night.

LADIES' EURO TOUR GOLF: FRENCH OPEN
SKY SPORTS 3 7.00PM, SKY SPORTS 1 12MIDNIGHT, SKY SPORTS 2 3.30AM

The stunning Arras Golf Club at Anzin St Aubin is the venue for the latest European Ladies' Tour event. The French Open is one of the most popular events on the Tour and can offer £100,000 in total prize money. Trish Johnson (pictured) of England will be going for a hat-trick of wins at this tournament. In 1996, at this same venue, Johnson came first, while at the Paris International last year, she beat Alison Nicholas by just one stroke to claim the £15,0000 first prize.

PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 FILM: Too Good to Be True 11.40 Love Court 12midnight Freeview 12.12am Sam Gets Her Girl 12.25 Banged Up 12.55 FILM: Girls Affair 4 1.55 Lesbian Fantasies 2.10 Adult Feature 2.35-4.00am FILM: Scratch Motors

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am The Omar Show 12.40 FILM: Ultimate Fantasy 1.00 The Five Minute Freeview 1.05 FILM Continues 1.55 Sorority Sex Kittens 2.20 FILM: Bridal Shower 3.30-4.00am Women in Uniform

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

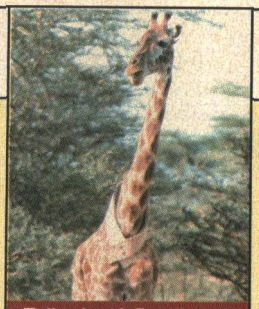
VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon Behind the Music: Celine Dion
1.00pmGreatest Hits: Mariah Carey
Featuring top tracks *Dream Lover* and *Butterfly*.
1.30 Pop-Up Video
More trivia.
2.00 Pavarotti and Friends '98
Hear Pavarotti perform in a charity concert in Modena, Italy in June 1998, featuring guests such as Jon Bon Jovi, Celine Dion, the Spice Girls and Stevie Wonder.
4.00 The VH1 Album Chart Show
Paul King presents a rundown of the best-selling albums of the week in the United Kingdom.
5.00 Ten of the Best: Tom Jones
The durable Welsh singing sensation selects his favourite music videos.
6.00 VH1 to One: Simply Red
6.30 Greatest Hits: Mariah Carey
Featuring top tracks *Dream Lover* and *Butterfly*.
7.00 Top Ten
Check out the top music videos of the moment.
8.00 Pavorotti and Friends '98
Hear Pavarotti perform in a concert in Modena, Italy in June 1998 to raise money for the charity War Child. Featuring guests such as Jon Bon Jovi, Celine Dion, the Spice Girls, Natalie Cole, Vanessa Williams and Stevie Wonder.
10.00 Behind the Music: Blondie
VH1 turns the spotlight on the seminal band, tracing their story through rare footage and interviews.
11.00 Simply Red Live at Nynex
NEW The band perform their greatest hits past and present in the largest indoor arena in the world. Tracks include *Never Never Love, Stars* and *Money's Too Tight To Mention*.
1.00am Hey, Watch This!
With John Fugelsang.
2.00 Soul Vibration
2.30 VH1 Country
3.00-6.00am VH1 Late Shift
Music through the night.

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
1.00 All-Bird TV
1.30 All-Bird TV
An irreverent look at the relationship between humans and their feathered friends.
2.00 Pet Rescue
More RSPCA cases.
2.30 Kratt's Creatures
Mgobo of Baboon Mountain
3.00 Breed All About It
Siberian Husky
3.30 Breed All About It
Saluki
4.00 Animal Planet Unleashed
With Howie Watkins.
4.30 Croc Files
Steve and Terri Irwin tell the story of a sea turtle's life.
5.00 Pet Rescue
RSPCA cases observed.
5.30 Going Wild with Jeff Corwin
Kentucky – Mammoth Caves
6.00 The Aquanauts
Featuring spinner dolphins off Brazil's Fernando de Noronha Island.
6.30 Croc Files
With Steve and Terri Irwin.
7.00 A Passion for Nature
Giraffes
7.30 Hutan – Wildlife of the Malaysian Rainforest
8.00 Wild Rescues
Stories of human and animal courage.
8.30 Wild Rescues
Stories of human and animal courage.
9.00 Crocodile Hunter
Outlaws of the Outback
Take a look at some of Australia's feral pests, from savage pigs to the ubiquitous rat.
10.00 Swift and Silent
A spectacular study of leopards – the largest spotted cats in the world – and the folly of destroying their unique habitats.
11.00 Emergency Vets
A retriever/setter mix is diagnosed as diabetic and requires insulin.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area



Tall tale: 'A Passion for Nature' takes a look at the giraffe. Animal Planet 7.00pm

ITV2
ACCESS PACK

4.00pm Trisha
A double bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text
6.00 Total Action
Sports magazine featuring action from a range of exciting and offbeat sports. Including *The Extremists, Extra Time with Ron Atkinson, High Five* and *ISKA Karate*.
8.00 Sunset Beach
Casey rescues Meg from the ocean, Annie has financial problems and Tiffany stirs up trouble.
8.50 Chart Choice
9.00 The Last Train
The survivors head north in search of the ARK base. In a desperate search for food, Mick leads a hunting expedition. Text
10.00 Emmerdale
Tonight's episode of the rural soap from ITV. Text
10.30 Nuts and Bolts
Lisa and Lloyd take their marriage vows.
11.00 The Jerry Springer Show
More outrageous revelations and confrontations.
11.50 Late Show with David Letterman
Join popular host and humourist David Letterman for more top chat.
12.40am Freaky Stories
Ghoulish animation.
12.50 Board Wild
Sports footage set to music.
1.20-2.20am NBA 2000

UK STYLE
LIFESTYLE PACK

7.00am Holiday Guide To... 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Our House 9.30 Antiques Watch 10.00 Change That 10.30 House Invaders 11.00 Big Strong Boys 11.30 The House Doctor 12noon Big Strong Girls 12.30pm Style Challenge 1.00 A Taste of Africa 1.30 Ready, Steady, Cook 2.00 Gardening from Scratch 2.30 Learn to Garden with Stefan Buczacki
3.00 Gardeners' World
With Alan Titchmarsh and Pippa Greenwood.
3.30 Charlie's Garden Army
4.00 Stefan's Garden Roadshow
Horticultural advice.
4.30 Travel Xpress
Join a canoe journey into the Canadian outback.
5.00 Travel Xpress
Featuring trips to Toronto, Brighton and tranquil Chesapeake Bay.
5.30 Can't Cook, Won't Cook
6.00 Antiques Roadshow
Kingston-upon-Hull
Hugh Scully and a team of experts examine and value more antiques.
7.00 The House Detectives
Cleave Hill
7.30 Change That
Interior design roadshow, presented by Mark Curry.
8.00 Style Challenge
Fashion experts carry out more dream makeovers.
8.30 The Flower Show
A look at arrangements using the colour silver.
9.00 Home Front
Tessa Shaw presents the home decorating show.
9.30 Big Strong Boys
Reading Lounge
DIY challenge show.
10.00 The House Doctor
Ann Maurice improves another house's prospects.
10.30 House Invaders
Home improvement series.
11.00 Ground Force
Newport, Gwent
With Alan Titchmarsh.
11.30 How Does Your Garden Grow?
A panel of the nation's top gardeners deal with a variety of horticultural problems and offer special consultations.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki offers more help and advice on all kinds of gardening dilemmas.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Greatest Show on Earth 7.50 The Fastest Claw in the West 8.25 Chimpanzee Diary 8.55 Battersea Dogs' Home 9.20 Tomorrow's World Plus 10.20 Secrets of World War II 11.15 The Year of the Jackal 12.15pm Chimpanzee Diary 12.45 City Hospital 1.45 Dream House 2.15 Dream Wheels 2.45 The Greatest Show on Earth
It's Atlanta
Follow the preparatiions made for the XXVI Olympiad, held in Atlanta, Georgia.
3.45 Battersea Dogs' Home
Life at the canine refuge.
4.20 Vets in Practice
New Beginnings
Joe meets a Californian king snake. Text
4.50 Animal Hospital – Fleas and All
Behind-the-scenes insights.
5.25 Back to the Floor
No Place like Home
5.55 City Hospital
Gaby Roslin and her team report on the triumphs and trials of patients and staff at Southampton General.
6.55 The Air Show
Robert Elms looks at the challenges of flying the world's airways.
7.25 Disaster
The Unflyable Plane
The tail engine of a DC-10 blows apart at 37,000 feet.
8.00 Vets in Practice
New Beginnings Text
8.30 Back to the Floor
No Place like Home
A hotel boss tries his hand at being a chambermaid.
9.00 Paddington Green
Observe the lives of various West London inhabitants.
9.35 The Clampers
Mike Greenidge spots a fraudulent business permit.
10.05 Neighbours at War
A feud proves costly. Text
10.40 Billy Connolly's World Tour of Australia
Canberra and Sydney.
11.30 Secrets of the Paranormal
12midnight-1.00am Stalking the Stalkers

UK PLAY:
1.00am Shooting Stars 1.30 Reeves and Mortimer 2.05 Vic Reeves 2.35 Reeves and Mortimer 3.10 Soundtrack to My Life 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Joe's Pop Shop 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa Bramley's Seasonal Kitchen 7.30 Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 A Year at Ballymaloe 9.30 Ideal Home Cooks 10.00 Ross's Barbecue Party NEW SERIES 10.30 Simply Baking 11.00 Slice of the Action 11.30 Power Food 12noon Scotland's Larder 12.30pm Barbecue Party 1.00 Kitchen College 1.30 Use Your Loaf 2.00 Network Daily 2.45 Quick Cooks
3.00 A Year at Ballymaloe
Wendy O'Byrne discusses the virtues of wholefood.
3.30 Tessa Bramley's Seasonal Kitchen
4.00 Simply Baking
Shortcrust Pastry
4.30 Ideal Home Cooks
Matthew Hardy shows how to bake bread.
5.00 Superchefs
5.30 Scotland's Larder
6.00 Coxon's Kitchen College
6.30-7.00pm Picture This

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Volcano Alert
A look at the hazards posed by volcanoes, and whether it might be possible to achieve greater success in predicting eruptions.
8.00 Sea Soldiers
Learn about the role played in Cold War weapons research by sea lions, killer whales, pilot whales, white sturgeons and dolphins.
9.00 Silence of the Sea Lions
9.30 Divine Dolphins
View the plight of dolphins near New Zealand's Kaikoura Peninsula.
10.00 Drinker's Dilemma
NEW See how the watering hole is key to survival for wildlife in the salt plains of Namibia.
11.00 In the Land of the Grizzlies
Darren Burrows takes a look at the dangers posed by – and faced by – the grizzly bear.
12midnight-1.00am Gorilla
Gain some fascinating insights into the life and character of this intelligent, surprisingly shy and sometimes hauntingly human-like creature.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
Presented by Keith Chegwin.
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
7.30 Winner Takes All
With Bobby Davro.
8.00 Gladiators
Physical challenge show.
9.00 Whittle
Hosted by Tim Vine.
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
Gloucester
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Garden Calendar 7.00 Down to Earth with Antony Henn 7.30 The Close Guide 8.00 How to with B & Q 8.05 These Four Walls 8.35 Hot Property 9.05 The Joy of Painting 9.35 Garden Calendar 10.05 How to with B & Q 10.10 Down to Earth with Antony Henn 10.40 Two's Country 11.10 Our House 11.40 How 2 Crew 12.10pm How to with B &Q 12.15 Hometime 12.45 Classic This Old House 1.15 New Yankee Workshop 1.45 Home Again with Bob Vila 2.15 How to with B & Q 2.20 The House Doctor 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am World Wind Surf 10.30 High Adrenalin Action 11.00 Trainspotters 99 12noon Ibiza 2000 12.30pm High Adrenalin Action 1.00 Byte Me 1.30 Scratch TV 2.00 Adrenalize 2.30 Adrenalize 3.00 That Film Show 3.30 Byte Me 4.00 e-trippers 4.30 Boardstupid 5.00-6.00pm buzz:tracks

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Tuesday 4 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

NICKELODEON
FAMILY PACK

7.00am Rugrats 7.30 Kenan and Kel 8.00 Sabrina the Teenage Witch 8.30 Hey Arnold! 9.00 Arthur 9.30 Fraggle Rock 10.00 The Magic School Bus 10.30 Bananas in Pyjamas 11.00 Babar 11.30 Arthur 12noon Thomas the Tank Engine 12.30pm Blue's Clues 1.00 Rugrats 1.30 Noah's Island 2.00 Babar 2.30 Mona the Vampire

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody Woodpecker 7.55 Oggy 8.00 Woody Woodpecker 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 T Rex 2.10 Conan the Adventurer 2.35 MASK

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Naqab 8.00 News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Kabhi Yeh Kabhi Woh 12.30pm Galatnaama 1.00 Katha Sagar 1.30 FILM 4.00 Akbar Birbal 4.30 Aarthi 5.00 Majdhaar 6.00 Main Anari Tu Anari 6.30 MTV Made in India 7.00 Katha Sagar 7.30 News 8.00 Kabhie Kabhie 8.30 FILM 11.30 News 12midnight MTV 12.30am Kabhie Kabhie 1.00 FILM 4.00 Main Anari Tu Anari 4.30 Kabhi Yeh Kabhi Woh 5.00 Majdhaar 6.00 Akbar Birbal 6.30 DD Programme 7.00-7.30am Jai Veer Hanuman

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Science 1.15 Asian Edition 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 World Beat 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia Business 2.00 Larry King 4.30-5.00am American Edition

ZEE TV
ADD-ON CHANNEL

6.00am Aap Ki Farmaish 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Iskcon 7.30 News 8.00 Out and About 8.30 Tara 9.00 Aashiana 9.30 Lakeerein 10.00 Rehne Do 11.00 Khana Khazana 11.30 Aangan 12noon FILM 3.00pm Hadd Kar Di 3.30 Top of the Tops 4.00 Raahat 4.30 Callmate Top Ten 5.30 Aangan 6.00 Gubbare 7.00 Ikke Pe Ikka 7.30 Chalo Cinema 8.00 News 8.30 Janam 9.00 A Day Out with a Star 9.30 Daayre 10.00 Thriller at 10 10.30 Mahabharat 11.30 Nagin 12midnight Punjabi News 12.15am News 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00-6.00am VCD Zabardast

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 The Book Show 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 The Book Show 4.30 Showbiz Weekly 5.30-6.00am CBS Evening News

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Good News 5.30 Andrew Wommack 6.00 Hour Of Deliverance 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This Is Your Day 8.00 CMTV 8.30 Life in the World 9.00 Rhema Praise 9.30 Winning Ways – Matthew Ashimolowo 10.00 CMTV 10.30-11.00am 700 Club Replay

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Découverte 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Les Héros sont Eternels 10.00 Claire Lamarche 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Cinéma: Une Etrange Affaire 3.00 Journal 3.15 Questions 3.30 Taxi pour l'Amérique 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Vélo Club 6.00 Les Z'Amours 6.30 Info 7.00 Journal 7.30 Journal et le Journal du Temps 8.00 Infos 8.05 Temps Présent 9.00 Journal Télévisé 9.15 Julie Lescaut 11.00 Le Journal du Tour 11.25-12midnight Journal

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 3.30 Wall Street Report 4.45 Focus on Eastern Europe 5.45-6.00am Kavanagh's Picks

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am House of Lords 7.00 The Record 7.30 House of Lords 10.00 Westminster Hall 1.00pm House of Lords 2.30 House of Commons 11.00-11.30pm The Record

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM

4.00pm Rex Hunt Fishing Adventures
Trout fishing in Ballarat.
4.30 Discovery Today
A doctor experiments with poisons on his patients.

5.00 PM

5.00 The History of Water
A look at the historical, economic, political and religious aspects of man's relationship with water.

6.00 PM

6.00 Hunters
Tooth and Claw
A celebration of the great cats of Africa, who are at the pinnacle of their own food chains.

7.00 PM

7.00 Secret Mountain
Chris Bonington presents a series about his ascent of Sepu Kangri in Tibet.
7.30 Discovery Today
Science magazine.

8.00 PM

8.00 How Animals Tell the Time
Documentary exploring how the seasons, stars, light and even genes affect animals' biological clocks.

9.00 PM

9.00 The Quest
Reptiles and Relics
This edition sees the research ship move on to the southern Dominican port of Barahona.

10.00 PM

10.00 Room with a Facelift
Documentary following a group of British women as they take a plastic surgery holiday to Poland.

11.00 PM

11.00 Tanks!
The Aces
A look at some of the men who have fought inside tanks and become famous as a result.

12.00 NIGHT TIME

12midnight Time Team
Greylake
Tony Robinson and his crew visit the Somerset levels in search of a 4000-year-old wooden trackway.
1.00am Future Tense
Bugs
1.30-2.00am Discovery Today

3.00
Fat Dog Mendoza
The adventures of an explorer and his friends.
3.30
Dexter's Laboratory
4.00
The Powerpuff Girls
Animated adventures with the pint-sized heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Johnny Bravo
More preening and posturing from the self-styled king of cool.
6.00 Tom and Jerry
Madcap antics with the sparring cat and mouse.
6.30 The Flintstones
Riotous fun with the families of Bedrock.
7.00 Scooby-Doo
Spooky adventures.
7.30 Looney Tunes
8.00
Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm
FILM: Brainstorm
Christopher Walken, Natalie Wood, Louise Fletcher
Science fiction thriller. A research scientist, who is working on a project to develop a revolutionary brain-reading machine, discovers the project has a more sinister purpose.
Widescreen *1983*
11.05-1.00am
FILM: The Hunger
Catherine Deneuve
Vampire horror.
Widescreen *1983*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

3.00
The Wild Thornberrys
3.30 Rugrats
Fun with the tousle-headed nippers with the over-fertile imaginations.
4.00 Hey Arnold!
More adventures with the kid with the cool quiff.
4.30 Two of a Kind
Comedy with the twins and their single father.
5.00 Sabrina the Teenage Witch
5.30 Kenan and Kel
The adventures of two funky friends.

6.00 Sister Sister
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Ellen
She Ain't Friendly, She's My Mother
8.30 Just Shoot Me
Lemon Wacky Hello
Jack returns from China.
9.00 Married... With Children
What Goes Around Came Around
9.30 Cybill
Let's Stalk
10.00 Frasier
Ask Me No Questions
Frasier debates the merits of Niles's marriage.
10.30 Harry Hill
Surreal comedy show.
11.00 Vic Reeves Big Night Out
Hosted by the larger-than-life Vic Reeves.
11.30 Cheers
How to Marry a Mailman
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio
1.35 Duckman
2.00 DiResta
2.30 Encore Encore!
3.00
It's Garry Shandling's Show
3.30-4.00am
Abbott and Costello

3.00 Diabolik
3.25
Woody Woodpecker
21st century woodpecking.
3.35 Sailor Moon
Cult animation.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50
Mad Jack the Pirate
5.00
Monster Rancher
5.20
Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection Round-up of the best sellers.
7.00 Clothes Shop!
The latest fashions.
8.00 Sports Shop!
Sports equipment to help you with your fitness regime.
8.30 Shop! Special
A chance to take advantage of the offers available in Shop!'s summer sale.
5.00pm
Shop! Sale Selection
A round-up of the best-selling sale items.
6.00 Clothes Shop!
The latest fashions.
7.00-7.30pm
Technology Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows.
Saturdays: The best of the week and children's programming.
Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

THE HISTORY CHANNEL
WORLD PACK

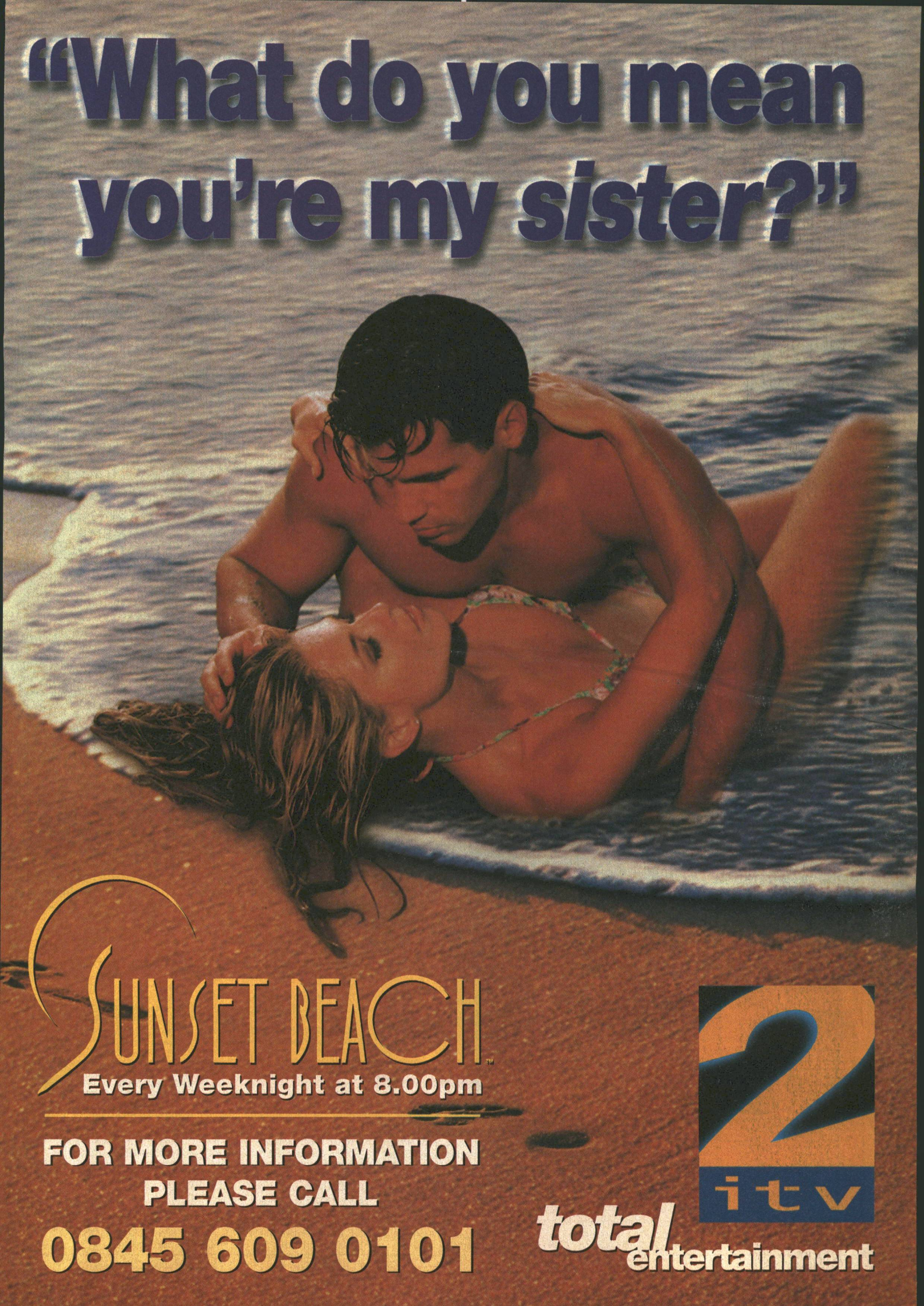
12noon Lost Civilizations
Ancient Egypt: Quest for Immortality
12.55pm
Photos for the Future II
1.00 The Mighty Hood
2.00 Biography
Prince Philip
3.00 Spies
Diplomacy – CIA Style
3.30 Victory at Sea
The Turkey Shoot
4.00 Air War in Vietnam
5.00 The Statue of Liberty
6.00 Lost Civilizations
Maya: The Blood of Kings
6.55
Photos for the Future II
7.00 Sink the Bismarck
All Out War
8.00 Biography
Gregory Peck
9.00
Great Crimes and Trials
The A6 Murder
9.30-10.00pm
Great Crimes and Trials
Jeremy Bamber

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is In the Salon with Alison at 3.00pm.


"What do you mean you're my sister?"
SUNSET BEACH
Every Weeknight at 8.00pm
FOR MORE INFORMATION PLEASE CALL
0845 609 0101
2
itv
total entertainment

Wednesday 5 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Christmas Wish
Text *1998, rating Sky U, 85 mins*
7.45 McCinsey's Island
Text *1997, rating Sky PG, 89 mins*
9.30 Beyond the Prairie
1998, rating Sky U, 87 mins
11.15 A Marriage of Convenience
1998, rating Sky PG, 87 mins
12.45pm Mr Mom
Michael Keaton, Teri Garr
1983, rating Sky PG, 87 mins
2.30 Driving Me Crazy
Ed O'Neill, Ethan Randall, JoBeth Williams, Christopher McDonald
Comedy about a young private schoolboy who, much to his horror, is picked up by his mother's vulgar blue-collar boyfriend for the long drive home for Thanksgiving, and sets out to make the trip as difficult as possible for all concerned. *1991, rating Sky PG, 103 mins*

4.30 Memphis Belle
Matthew Modine, Eric Stoltz, Tate Donovan, Billy Zane
World War II drama, based on real events, following the young crew of a bomber, the *Memphis Belle*, who are facing their 25th – and hopefully final bombing – mission over Germany. *1990, rating Sky PG, 103 mins*
6.15 McCinsey's Island
Hulk Hogan, Grace Jones, Todd Sheeler, Robert Vaughn
Comic adventure in which a secret agent retires to a peaceful tropical island. However, when news gets out that there is treasure buried on the island, he finds himself caught up in the hunting action. Text *1997, rating Sky PG, 89 mins*
8.00 The Game
Michael Douglas, Sean Penn, Deborah Unger, James Redhorn
Taut thriller about a selfish banker who receives an unusual present from his younger brother – a gift certificate from a company that devises devilish games for its wealthy clients. Before too long his life begins to fall apart as the world seems to be conspiring against him. Text *1997, rating Sky 15, 123 mins*
10.10 Snake Eyes
Nicolas Cage, Gary Sinise, John Heard, Carla Gugino
Thriller about a cop who gets tangled up in an assassination conspiracy. While trying to clear his friend of the blame, he enters a web of intrigue and uncovers some shocking truths. Text *1998, rating Sky 15, 94 mins*
11.50 The Postman
Kevin Costner, Will Patton
Post-apocalyptic drama. Text *1997, rating Sky 15, 170 mins*
2.45am A Rage in Harlem
Comedy-thriller. *1991, rating Sky 18, DS, 104 mins*
4.35-6.00am Mr Mom
Comedy drama. *1983, rating Sky PG, 87 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

6.15am One Special Night
1999, rating Sky PG, 87 mins
8.00 A Time to Heal
1994, rating Sky PG, 90 mins
9.35 Romantic Undertaking
1995, rating Sky PG, 95 mins
11.15 Island of the Blue Dolphins
1964, rating Sky PG, 89 mins
1.00pm One Special Night
1999, rating Sky PG, 87 mins
2.40 A Time to Heal
Nicollette Sheridan, Gary Cole, Mara Wilson, Ken Jenkins
Emotional drama about a wife and mother who suffers a stroke just before giving birth to her son. Although the baby is fine, she is now confined to a wheelchair and her husband is forced to juggle his career with his new-found responsibilities. *1994, rating Sky PG, 90 mins*

4.20 The Perfect Tribute
Jason Robards, Lukas Haas, Jose Ferrer, Katherine Helmund
Period drama set during the most turbulent time in US history. A young boy travels across an America torn apart by civil war to visit his wounded brother. *1991, rating Sky PG, 91 mins*
6.00 Deadly Game
Tim Matheson, Ryan DeBoer, Carol Alt, William Katt
Drama about a policeman, for whom nothing seems to go right, who is reluctantly teamed with a young murder witness. The two do not exactly hit it off but when the mob gets on their trail, they are forced to work together to stay alive. *1998, rating Sky PG, DS, 89 mins*
8.00 Almost Heroes
Chris Farley, Matthew Perry, Eugene Levy, Kevin Dunn
PREMIERE Period comedy about a hopeless frontiersman who joins up with an uptight aristocrat on an expedition to the Pacific Ocean. Text *1998, rating Sky 15, DS, 87 mins*
9.30 Mafia!
Jay Mohr, Billy Burke, Christina Applegate, Pamela Gidley
Spoof of the gangster genre, telling the story of an Italian boy who comes to America and becomes entangled with the all-powerful Mafia. Text *1998, rating Sky 12, 83 mins*
11.00
Dead Man on Campus
Tom Everett Scott, Mark-Paul Gosselaar, Poppy Montgomery
Campus comedy about two college slackers. Text *1998, rating Sky 15, 90 mins*
12.35am The Landlady
Talia Shire, Jack Coleman
1998, rating Sky 15, 92 mins
2.10
Elmore Leonard's Gold Coast
David Caruso, Marg Helgenberger
Text *1997, rating Sky 18, 105 mins*
4.00-5.35am The Pest
Text *1997, rating Sky 12, 81 mins*

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm The Jolson Story
Larry Parks, Evelyn Keyes, William Demarest, Bill Goodwin
Hollywood-style biopic about the famous singer, Al Jolson, of *The Jazz Singer* fame. The story follows his Jewish upbringing, his father's reluctance to support his son's showbiz career and his trouble-fraught marriage that fell by the wayside for the stage. *1946, rating Sky U, 124 mins*
6.10 House of Bamboo
Robert Ryan, Shirley Yamaguchi, Robert Stack, Cameron Mitchell
Drama set in Tokyo following an ex-serviceman's investigation into the violent activities and widespread operations of a Japanese gang, which involve ambushing American supply vehicles full of ammunitions and stealing the hardware. *1955, rating Sky PG, 102 mins*
8.00
There Was a Crooked Man
Kirk Douglas, Henry Fonda, Hume Cronyn, Warren Oates
Western comedy about an inmate in an isolated Arizona desert prison, who organizes a jail break with fellow prisoners while at the same time engaging in verbal sparring with a sheriff-turned-warden. *1970, rating Sky 15, 118 mins*
10.00 Night Game
Roy Scheider, Karen Young
Offbeat thriller in which a detective, by linking a series of murders to the home record of the Houston Astros baseball team, manages to trace a deranged serial killer. *1989, rating Sky 18, 92 mins*
11.45 The Busy Body
Robert Ryan, Sid Caesar
Comic crime caper in which a dead man is the focus for cops and mobsters alike. *1967, rating Sky PG, 98 mins*
1.30am The Reptile
1966, rating Sky 15, 86 mins
3.05 Night Game
1989, rating Sky 18, 92 mins
4.45-5.55am The Directors: The Films of Robert Wise

Chris Farley – in his last big role – and Matthew Perry are 'Almost Heroes' in this premiere. Sky MovieMax 8.00pm

FILMFOUR
ADD-ON CHANNEL

6.00pm Robin and Marian
Sean Connery, Audrey Hepburn, Robert Shaw, Richard Harris
Action drama about Robin Hood and Maid Marian in their twilight years. Robin, fresh back from the Crusades, finds the Sheriff of Nottingham still threatening Sherwood. He rallies his faithful friends and peasants together to fight the evil tyrant. *1976, 102 mins*
8.00 Jerry Maguire
Tom Cruise, Cuba Gooding Jr, Renée Zellweger, Kelly Preston
Drama about a sports agent who develops a feeling of guilt about his job and decides to write a paper about his attitudes, which ends up costing him his job. He falls for a secretary who works in the same building as him and the two decide to get married and start a new company, based around their single client, a high-flying, cocky football player. Text *1996, 133 mins*
10.30 Juice
Tupac Shakur, Omar Epps, Khalil Kain, Jermaine Hopkins
Drama about of the lives of four young men growing up on the streets of Harlem which, though violent, offers a unique view on their motives and emotions. *1992, 91 mins*
12.10am Avenue X
12.35 Richard Pryor Live on Sunset Strip
Stand-up comedy. Text *1982, 78 mins*
1.55 Vengeance is Mine
Ken Ogata, Mitsuko Baisho
Drama. Text *1979, 140 mins*
4.10-6.00am Invaders from Mars
Sci-fi horror. *1953, 75 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm
The Fighting Seabees
John Wayne, Susan Hayward, Dennis O'Keefe, William Frawley
War story about the Seabees, the construction battalions that built fortifications in the Pacific during World War II. They doubt the ability of the army to protect them in the face of Japanese attacks, so they arm themselves. Text *1944, 100 mins*
9.00
Come See the Paradise
Dennis Quaid, Tamlyn Tomita, Shizuko Hoshi, Sab Shimono
Drama set in 1936 in which a man moves to Little Tokyo, Los Angeles, and falls in love with his Japanese boss's daughter. They elope to find happiness until World War II breaks out and the authorities decide to round up the Japanese immigrants and put them in prison camps. Text *1991, 127 mins*
11.15 Beverly Hills Ninja
Chris Farley, Nicollette Sheridan, Robin Shou, Chris Rock
Martial arts comedy about an unlikely ninja. *1997, 89 mins*
1.00am
WW and the Dixie Dance Kings
Burt Reynolds, Art Carney
Comedy. *1975, 120 mins*
3.00 Stick
Burt Reynolds, Candice Bergen
Drama. *1985, 109 mins*
5.00-7.00am Stowaway
Musical comedy. *1936, 86 mins*

MORNING | 6.00 AM | 3.00 PM | 4.00 PM | 5.00 PM | 6.00 PM | 7.00 PM | 8.00 PM | 9.00 PM | 10.00 PM | 11.00 PM | 12.00 | NIGHT TIME

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE PRINCE OF EGYPT
Rating U, 95 mins
Animated epic. Two young princes are brought up together, one will rule Egypt – the other will grow up to become one of the world's greatest heros. Voices of Sandra Bullock and Ralph Fiennes.
T/C: Animation, biblical tale.
BL: None.
S/N: None.
V: Some mild biblical horror.
6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm

Channel 51 Evening

THE FACULTY
Rating 15, 101 mins
Sci-fi thriller. A group of kids finds that their teachers have been taken over by a group of aliens who are bent on world domination. Stars Jordana Brewster, Clea DuVall and Laura Harris.
T/C: Sci-fi, horror.
BL: Frequent, strong.
S/N: Once, moderate.
V: Frequent, moderate.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

8MM
Rating 18, 119 mins
Thriller. A surveillance specialist is hired to find out the truth about a sordid video found in a dead man's effects. Stars Nicolas Cage, James Gandolfini and Joaquin Phoenix.
T/C: Thriller, snuff movies.
BL: Frequent, strong.
S/N: Frequent, strong, fetish.
V: Frequent, strong.
6.15pm, 8.30pm, 10.45pm, 1.00am, 3.15am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple are trying to recover from a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

Wednesday 5 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Count Duckula
6.30 Grimmy
7.00 Starship Troopers
7.30 Pokémon
8.00 Pokémon
8.30 Pokémon
9.00 The Oprah Winfrey Show
10.00 Jenny Jones
11.00 Sally Jessy Raphael
12noon Jenny Jones
1.00pm Sally Jessy Raphael
2.00 Jenny Jones

3.00 Count Duckula
Prince Duckula
3.30 Pokémon
Pallet Party Panic
Professor Oak requests that the gang find a mysterious Pokeball.
4.00 Pokémon
A Scare in the Air
The gang prepare for their long journey to Valencia Island.
4.30 Pokémon
Pokeball Peril
5.00 Star Trek: Voyager
Nemesis
Chakotay's shuttle is shot down and he becomes involved in a bloody war between two mortal enemies. Text
6.00
Xena: Warrior Princess
Amphipolis under Seige
Athena wages war on Xena's hometown to kill Eve and stop the Twilight of the Gods.
7.00 The Simpsons
Lisa's Sax
Homer and Marge recount how Lisa came to own a sax. Text
7.30 The Simpsons
Bart Carny Text
8.00
The Best of Stargate SG-1
Fire and Water
Daniel Jackson is presumed dead after an alien abducts him and sends the SG-1 team home.
9.00 Good vs Evil
Sunday Night Evil
A young wrestler is groomed for fame by a Morlock who plans to blow up the arena on the night of his biggest bout. Text
10.00 Prickly Heat
Gameshow hosted by Julian Clary and Denise Van Outen. Find out why Angela is known as 'Whingela' and gormless Giles takes part in Not Mastermind!
11.00
Uncut! Miami Uncovered
A documentary-style programme that lifts the lid on some of the more colourful antics which occur in Miami.
12midnight Star Trek: Voyager
Nemesis
Chakotay gets involved in a bloody war between two enemies. Text
1.00am New York Undercover
Tough Love
A real estate agent checks out apartments so she can recommend them to her burglar boyfriend.
2.00-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Keeping Up Appearances
6.30 Birds of a Feather Text 7.05 Crossroads 7.30 Dynasty
8.25 EastEnders Text
9.00 The Bill Text
9.30 The Bill Text
10.00 The House of Eliott
11.00 Knots Landing
11.55 Neighbours
12.25pm EastEnders Text
1.00 Dangerfield
2.00 Knots Landing

3.00 The Bill
Joker
Beech and Croft look into the death of a comedian. Text
3.30 The Bill
Typecast Text
4.00 EastEnders
Ricky finds a new target for his affections. Text
4.35 Neighbours
Philip finds that he is in trouble with the police.
5.00 'Allo 'Allo!
The British airmen find themselves trapped in wine barrels. Text
5.40 Bread
Aveline bares all on the front cover of a magazine. Text
6.20 The Brittas Empire
Not a Good Day
Brittas attempts to organise a Life Cycle Week to promote fitness in the community.
7.00 Just Good Friends
Penny bumps into her former fiancé who left her standing at the altar five years before.
7.40
Keeping Up Appearances
Hyacinth's plans for a riverside picnic don't go as expected.
8.20 Birds of a Feather
Puppy Love
Sharon, Tracey and Dorien reminisce about first loves. Text
9.00
One Foot in the Grave
The Trial
Victor is on jury service. Text
9.40 The Scold's Bridle
Concluding the powerful two-part drama following the investigation into the murder of an elderly woman. The victim's sole legatee is now the prime suspect and faces the hostility of the bereaved family and the suspicions of the village. Text
11.20 Dangerfield
Guilt
Early-morning phone calls lead Dangerfield and DS Diamond to the scene of a drowning. Text
12.25am The Bill Text
12.55 The Bill Text
1.30 The Thin Blue Line
Road Rage
2.10 This Life
Diet Hard
3.00 EastEnders Text
3.30 The Scold's Bridle
4.55 Bread Text
5.25-6.00am The Brittas Empire

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Can't Cook, Won't Cook
7.00 Tiny Living 9.00 Brookside
9.30 Home and Away
10.00 The Jerry Springer Show
10.50 Forgive or Forget
11.40 Maury Povich
12.30pm Special Babies
1.00 Little Miracles
1.30 Judge Judy
2.00 Streetmate
2.30 Maury Povich

3.20 Relationship SOS
Programme giving advice to people who need to revamp their relationships.
3.50 Forgive or Forget
Host Mother Love deals with real problems in a variety of relationships, giving guests the opportunity to forgive each other.
4.40 Oh Baby
Sitcom about a successful single woman and mother.
5.05 Streetmate
Davina McCall helps single people around the country find dates.
5.35 Ready, Steady, Cook
Two top chefs create exciting recipes against the clock.
6.10
The Jerry Springer Show
US talk show in which Jerry Springer and his guests engage in lively discussion
7.00 Judge Judy
The outspoken New York City family court judge presides.
7.30 Will and Grace
US sitcom about two roommates – one straight, one gay.
8.00 Charmed
Drama series about three sisters who move into a San Francisco house left to them by their grandmother to find they have inherited powers of witchcraft.
9.00 FILM:
Terror in the Shadows
Genie Francis, Leigh J McCloskey, Marcy Walker
Thriller about a psychopath out for revenge. A couple find their idyllic life threatened when a woman from the husband's past escapes from a mental hospital, claiming she is the natural mother of their baby. *1995*
10.50 Secret Suburbia
A look at some seemingly ordinary suburban residents and their extraordinary lives.
11.20-12midnight
Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 The Lovers
12noon Classic Coronation Street Text 12.30pm Emmerdale Text
1.00 Sorry! 1.30 Bless This House
2.00 Hawaii Five-0

3.00 Boon
Paper Mafia
Rocky is convinced the local pizza place has Mafia connections. With Michael Elphick and Neil Morrissey.
4.00 Kojak
Another Gypsy Queen
A gypsy queen plays the police against the gangsters in an attempt to locate a man responsible for killing gypsies.
5.00 Hart to Hart
Jonathan Hart Junior
A young boy who steals the Harts' and Max's affections, proves to be an unwitting pawn in a cruel criminal joke.
6.00 Emmerdale
Pollard sabotages Kim's Classic Car Rally. Text
6.30
Classic Coronation Street
Jack falls off his ladder. Text
7.00 Sorry!
Collapse of Small Party
Tim decides to throw a party.
7.30 Bless This House
Fish with Everything
Sid's feeling a bit off colour.
8.00 Boon
Fiddler under the Roof
A huge wedding reception at the Coaching Inn gets out of hand. With Michael Elphick, David Daker and Neil Morrissey.
9.00 Kojak
Lady in the Squad Room
Sparks fly when a woman is assigned to Kojak's division.
10.00 Hale and Pace
10.30-11.00pm
The Comedians

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Sex TV
Late-night series that goes under the covers of the steamy world of movie making.
11.30 Sexy Shorts
A look at the hottest videos.
12midnight
South Beach Model Search
A series of bikini contests, filmed at Miami Beach, Florida.
12.30am E! Wild On...
Italy
A look at the exotic Venice Film Festival and the Rimini coast.
1.20 Sexy Shorts
1.50-2.00am Crash of the Titans

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Toons 10.40 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
More adventures with Ariel. Text
3.30 Sabrina
More trouble from the half mortal/half witch. Text
3.55 Art Attack
Innovative art show, hosted by Neil Buchanan that makes art fun. Text
4.30 Recess
Animated series from the creators of *Rugrats*. Text
5.00 Miami 7
Music, comedy and drama with top pop band *S Club 7*. Text
5.30 Smart Guy
TJ's a smart kid who's in tenth grade instead of the fourth. Text
6.00 Boy Meets World
Hogs and Kisses
Shawn steps in for Cory while a video is being filmed. Text
6.30 Microsoap
Kids' sitcom. Text
7.00 FILM: Cinderella
Whitney Houston, Brandy
Rodgers and Hammerstein's musical version of this classic fairy tale. A fairy godmother comes to the aid of poor down-trodden Cinderella so that, despite the evils plans of her Ugly Sisters, she may go to the ball. 1997 Text
8.25 Honey, I Shrunk the Kids: The TV Show
Honey, it's Doomsday
Wayne must save the Earth. Text
9.15 Flipper
Live action marine adventure in Florida with TV's most famous dolphin. Text
10.00 Home Improvement
Comedy double bill. Text
11.00
Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

WEDNESDAY CONTINUES OVERLEAF...

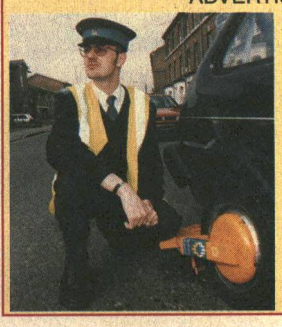
6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
Almost Heroes
Sky MovieMax 8.00pm
The swansong of the late Chris Farley, this period comedy makes no excuses for its infantile humour and yields many guilty laughs. Farley and *Friends* star Matthew Perry (bringing his talent for pantomimic humour to bear) head a team of bumbling 19th-century explorers.

GENERAL
Real Rooms
UK Style 7.00pm
The second series of the cult home improvement makeover show. Simon Biagi and a team of expert decorators invade one lucky viewer's home and endeavour to transform a room urgently in need of a revamp into a stunning designer dream. Or not!

ADVERTISEMENT UK HORIZONS



CLAMPERS
10.00PM
UK Horizons' dedicated 'Week From Hell' takes a revealing look at people's worst nightmares. Tonight it's the turn of the Clampers who come under fire and abuse for enforcing London's parking laws.

Wednesday 5 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

7.00am Swimming – LIVE
8.00 Cycling
9.00 Olympic Games
9.30 Swimming – LIVE
10.30 Mountain Bike
11.30 Mountain Bike
12noon Swimming
1.00pm Swimming – LIVE
2.00 Cycling
2.30 Cycling – LIVE
Coverage of the fifth stage of the Tour de France. Follow the 198km trail from Vannes to Vitré which passes through medieval French towns set against the beautiful backdrop of the Brittany countryside.

5.00 Swimming
Action from the European Championships in Helsinki.

7.00 Athletics – LIVE
Coverage from the IAAF Grand Prix I Meeting in Lausanne, Switzerland. This is the sixth Grand Prix meeting of the season and is regarded as an important test less than three months before the Olympic Games in Sydney.

9.30 Cycling
Highlights of today's action from the Tour de France including reactions, interviews and statistics.

10.30 Swimming
Highlights of the day's action in the European Championships in Helsinki.

11.30-12.30am
Mountain Bike
Coverage of the UCI Mountain Bike World Championships from the Sierra Nevada, Spain.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 WWF – Metal 8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Asian Sports Show 10.00 Rugby League Academy
11.00 Beach Soccer: World Championships 12noon Aerobics Oz Style 12.30pm Rugby League Academy
1.30 LPGA Golf: Shoprite LPGA Classic
Coverage from the Bay Course in Atlantic City.

3.30 Fastrax
News and features on alternative sports.

4.00 Beach Soccer: World Championships
Action from a Brazilian beach, featuring some of the world's finest players in action on the sands.

5.00 World Wrestling Federation – Metal
Michael Cole and Kevin Kelly provide up-to-the-minute news from the wrestling world.

6.00
Sky Sports Centre
6.30 The Winning Post: Epsom/ Yarmouth – LIVE
Horse racing action from the Epsom and Yarmouth racecourses.

8.30 Cricket: NatWest Trophy Fourth Round
Highlights of the action from round four of this year's NatWest Trophy, won last year by Gloucestershire. Presented by Charles Colvile.

10.00
Sky Sports Centre
10.15
Rugby League World
The programme that keeps you up-to-date with all the latest rugby league developments from around the world.

11.45
Sky Sports Centre
Up-to-the-minute news.

12midnight Futbol Mundial
Reviews all the action from the world game.
12.30am Cricket: NatWest Trophy Fourth Round
2.00 Rugby League World
The latest rugby league news.
3.30-3.45am
Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News 8.15 Fastrax 8.45 Sky Sports Centre 9.00 Sports Unlimited 10.00 Ladies' Euro Tour Golf: French Open 11.00 LPGA Golf: Shoprite LPGA Classic
1.00pm
World Cup Show Jumping
2.00
World Pool Championships – LIVE
Action from the World Pool Championships at Cardiff International Arena as the second round continues with the remaining players looking towards a share of the $250,000 prize money.

5.30 Australian Rally Championships
Rip-roaring rally action from down under.

6.00
Watersports World
All the latest from the world of watersports including footage, interviews and news.

7.00 World Pool Championships – LIVE
The action continues from day five of this year's World Pool Championships, the biggest event of its kind, staged at Cardiff International Arena.

10.30 Golf Extra
Dominik Holyer hosts the show that keeps golf fans up-to-date with all the latest news from the major tours on the current golfing circuit. With a look ahead to forthcoming events, behind-the-scenes features and interviews.
12.30am Telegraph Action Sport 1.00 Wild Spirits 1.30 Australian Rally Championships 2.00 Watersports World 3.00 Speedway: Elite Speedway League – Kings Lynn v Oxford 5.30-5.45am
Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon
World Ten Pin Masters
Bowling alley action from Milton Keynes.
1.00pm Sports Unlimited
Footage and in-depth coverage of some of the world's wackier sports.
2.00 Big Fights: Muhammad Ali
A very special edition of the boxing nostalgia show.

3.00 A to Z of Motorsport
Trace the roots and history of the motor racing circuit.
3.30 Golf Extra
Dominik Holyer hosts the show that keeps golf fans up-to-date with all the latest news from the major tours on the current golfing circuit. With a look ahead to forthcoming events, behind-the-scenes features and interviews.
5.30
Rugby League World
The programme that keeps you up-to-date with all the latest rugby league developments around the world. From the battlefields of the Super League to the intensity of the Australian National Rugby League.

7.00 Futbol Mundial
Takes a global view of the world game.
7.30 Speedway: Elite Speedway League – Kings Lynn v Oxford – LIVE
Jonathan Green presents the latest action from the Elite Speedway League as Kings Lynn meet Oxford at Saddlebow Road. The home team are not only hoping but expecting to top their third place finish of last season.

10.00
Euro Tour Weekly
An essential round-up of Euro Tour Golf.
10.30 Steve Davis and Friends: Mark Wildman
11.30-12midnight Brian Moore Interviews: Laurie Riley
Interview with a legend.

SCI-FI
ACTION PACK

8.00am
Battlestar Galactica
9.00 Land of the Giants
10.00 Swamp Thing
10.30 Swamp Thing
11.00
The Six Million Dollar Man
12noon Babylon 5
1.00pm Amazing Stories
1.30 Amazing Stories
2.00 Battlestar Galactica
The Magnificent Warriors

3.00 Sightings
Extraordinary real-life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.

4.00
Land of the Giants
The Weird World
The space travellers find the survivor of an early experimental space flight.

5.00 Swamp Thing
Night of the Dying
Dr Arcane falls victim to an onslaught of demons.
5.30 Swamp Thing
Love Lost

6.00 The Six Million Dollar Man
Stranger in Broken Fork
Steve Austin suffers from amnesia, after a plane crash in the mountains.

7.00 Amazing Stories
Without Diana
A deceased eight-year-old re-appears to her father.
7.30 Amazing Stories
Moving Day

8.00 Quantum Leap
The Leap Back
Sam has been transferred to Al's body and is having trouble mastering the hologram's wizardry.

9.00
The Burning Zone
Death Song
Diane Hailey and Cassian investigate some bizarre and gruesome deaths.

10.00
FILM: Once Bitten
Jim Carey, Lauren Hutton, Cleavon Little, Skip Lackey
Comedy horror. In order to maintain her youthfulness a 400-year-old vampiress needs the blood of three male virgins before Halloween. *1985*
11.45
Sci-Focus Special
12midnight Lexx
Nook
1.00am
FILM: Reflection of Fear
Robert Shaw, Mary Ure
Horror. A beautiful girl is the key to some murders. *1973*
2.40 Sci-Focus Special
3.00-4.00am Babylon 5

MTV
MUSIC & GAMES PACK

6.00am Select MTV
8.00 MTV Hits
9.00 Bytesize MTV
12noon MTV Hits
12.30pm Daily Edition
1.00 MTV Hits
Back-to-back smash hits.
2.00
The Lick R&B Chart Show
Trevor Nelson counts down the hottest tunes on the R&B scene at the moment.

3.00 Bytesize MTV
A constant barrage of bizarre moments from different MTVs around the world in short soundbites.

4.00 Select MTV
A chance for viewers to make MTV their jukebox, plus two hours of chat, videos and guest appearances from some of the most promising names in pop. With Kelly Brook.

6.00 Bytesize MTV
A constant barrage of bizarre moments from different MTVs around the world in short soundbites.

7.00 MTV Hits
Another hour of back-to-back hits and videos.

8.00 The Lick R&B Chart Show
Videos, news and interviews with the heavyweights of the R&B scene, with Trevor Nelson.

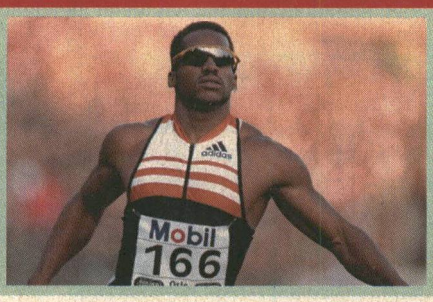
9.00 Daily Edition
Emma Ledden and Edith Bowman deliver stories from the world of showbiz.
9.30
Celebrity Deathmatch

10.00
The Tom Green Show
Another shot of man-on the-street comedy.
10.30 Loveline USA
Problems and advice.

11.00 The Late Lick
Brand new videos, news and interviews with the heavyweights of the R&B scene, presented by Trevor Nelson.
12midnight Yo!
A round-up of the latest from the world of rap music.
1.00am-6.00am
Night Videos
A selection of music videos, charts and features.

LIVE ATHLETICS: IAAF GRAND PRIX I MEETING EUROSPORT 7.00PM

The world's athletics circus moves to Lausanne in Switzerland this evening for the sixth Grand Prix Meeting of the season at the Stade Olympique de la Pontaise. This track is famous for great sprinting performances and last year was no exception as the Trinidadian Ato Boldon (pictured) beat Maurice Greene in the 100m with a time of 9.86, while Michael Johnson scorched to victory in the 400m in 43.92. So expect more sprinting fireworks from these track superstars' events.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Stripsearch: Miami 11.15 Playboy's Most Wanted 12midnight Freeview 12.12am The Sex Clinic with Dr Jenny Tulls 12.35 The Truck 1.05 FILM: My Dear Laura 2.30 Panties 3.00-4.00am Electric Blue

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am FILM: Night Shift 1.00 The Five Minute Freeview 1.05 FILM Continues 1.20 FILM: The Hustler 2.30 FILM: Helen and Louise 3.40-4.00am Dorrie Courtney

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Wednesday 5 July

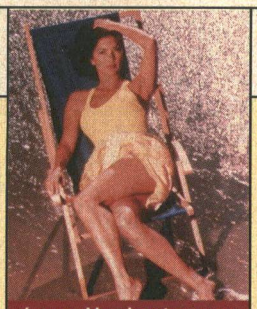
VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon Behind the Music: Shania Twain
1.00pm Greatest Hits: Boyzone
1.30 Pop-Up Video
2.00 The Men Strike Back
Sting, Tom Jones, The Backstreet Boys, D'Angelo and Sisqo live in concert.
4.00 Video Timeline: Mariah Carey
The New York diva profiled on video.
4.30 Greatest Hits: Tom Jones
5.00 Ten of the Best: The Corrs
The band of beauties from the Emerald Isle choose their top ten favourite videos of all time.
6.00 Talk Music
The latest music news.
6.30 Greatest Hits: Boyzone
A re-cap of the prolific Irish boy band's hits.
7.00 Top Ten
The latest up-to-the-minute rundown from VH1 of the best videos around.
8.00 World Music Awards '99
A star-studded awards ceremony from Monte Carlo, featuring many of the world's top-selling artists including Mariah Carey, Backstreet Boys, Puff Daddy and Savage Garden. Special guests include Boyzone's Ronan Keating and All Saints.
10.00 Behind the Music: Quincy Jones
VH1 takes a look behind the music at the career of the prolific Quincy Jones.
11.00 Frank Sinatra – They Were Very Good Years
Frank Sinatra is remembered by Hollywood's brightest stars in this memorial concert.
12.30am Greatest Hits: Boyzone
1.00 Hey, Watch This!
A look at the differences between Brits and Americans.
2.00 VH1 Flipside
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Kentucky – Mammoth Caves
1.00 Aspinall's Animals
Eye of the Tiger
1.30 Aspinall's Animals
The Tale of Three Elephants
2.00 Pet Rescue
2.30 Kratt's Creatures
The How Show
With Allison Kratt.
3.00 K-9 to 5
NEW SERIES A look at the working world of hounds – from snake sniffers to truffle hunters.
3.30 K-9 to 5
4.00 Animal Planet Unleashed
Howie Watkins presents the animal magazine.
4.30 Croc Files
Australian wildlife series.
5.00 Pet Rescue
Follow the fortunes of abandoned animals.
5.30 Going Wild with Jeff Corwin
Manitoba
6.00 The Aquanauts
Series following a team of deep-sea divers, marine biologists and zoologists.
6.30 Croc Files
Kids' wildlife series.
7.00 Australia Wild
Year of the Gagaudji
7.30 Australia Wild
Spirits of the Forest
On a hunt for prized bird-of-paradise plumage.
8.00 Wild Rescues
The unique relationship between humans and animals is explored in amazing heroic stories.
8.30 Wild Rescues
9.00 Crocodile Hunter
Outlaws of the Outback
Learn how Australia suffers plague-proportion attacks from pests.
10.00 Deadly Australians
Coastal and Ocean
10.30 Deadly Australians
Forest
11.00 Emergency Vets
Fly-on-the-wall series about a vets' practice.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area



Laura Harring tops up her tan and turns up the heat in 'Sunset Beach'. ITV2 8.00pm

ITV2
ACCESS PACK

4.00pm Trisha
A double bill of heart-warming and hair-raising true stories with Trisha Godard and a studio audience.
6.00 Total Action
Sports magazine featuring action from a range of exciting and offbeat sports.
8.00 Sunset Beach
Meg's jilted fiance turns up at her parents' house, while Annie causes trouble for everyone.
8.50 Chart Choice
9.00 The Last Train
Sci-fi drama. With one of their number desperately ill, the survivors must speed up their journey to the ARK. Text
10.00 Coronation Street
A chance to see tonight's episode from ITV. Text
10.30 Emmerdale
Rural soap. Text
11.00 The Jerry Springer Show
Outrageous US talk show in which guests engage in lively discussion.
11.50 Late Show with David Letterman
Top-rated chat show with host David Letterman.
12.40am Freaky Stories
12.50 Board Wild
1.20-1.50am Planet Rock Profiles
Depeche Mode
Profile of the Essex band.

UK STYLE
LIFESTYLE PACK

7.00am Holiday on a Shoestring 7.30 Holiday Swaps 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Our House 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 Changing Rooms 11.30 Party of a Lifetime 12noon Big Strong Girls 12.30pm Style Challenge 1.00 Ainsley's Meals in Minutes 1.30 Ready, Steady, Cook 2.00 How Does Your Garden Grow?
3.00 Home Front in the Garden
Warlingham Pod
3.30 Home Front in the Garden
Acton 'Fashion'
4.00 Stefan's Garden Roadshow
Help and advice on gardening dilemmas.
4.30 Travel Xpress
Travel magazine.
5.00 Travel Xpress
Nina Sebastiane tries her hand at extreme winter sports in Canada.
5.30 Can't Cook, Won't Cook
6.00 Antiques Roadshow US
Experts from the nation's top auction houses look for silver, American furniture, fine paintings and old toys.
7.00 Real Rooms
Padstow Bedroom
7.30 Change That
Mark Curry takes the interior design roadshow to a school in Warwickshire.
8.00 Style Challenge
Fashion experts give people dream makeovers.
8.30 A Room with a Clue
Celebrity quiz show.
9.00 Changing Rooms
The ultimate interior design challenge.
9.30 The House Doctor
10.00 All the Right Moves
Quentin Willson introduces the property show.
10.30 House Invaders
Home improvement series.
11.00 Learn to Garden with Stefan Buczacki
11.30 Charlie's Garden Army
Gardening series.
12midnight Gardeners' World
Alan Titchmarsh and Pippa Greenwood answer questions and give advice on gardening issues.
12.30am-1.00am Stefan's Garden Roadshow
With expert Stefan Buczacki.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Greatest Show on Earth 7.55 Alligator Hole 8.25 Chimpanzee Diary 8.55 Battersea Dogs' Home 9.20 Tomorrow's World Plus 10.15 Farewell Fantastic Venus 11.15 Wild Dogs 12.15pm Chimpanzee Diary 12.45 City Hospital 1.45 Dream House 2.15 Dream Wheels 2.45 The Greatest Show on Earth
Gold Plated
Behind the scenes at the 1996 Atlanta Olympics.
3.45 Battersea Dogs' Home
Profile of the canine refuge.
4.20 Vets in Practice
A Family Affair
Follow four brothers who are all vets. Text
4.50 Animal Hospital
Rolf Harris relays the latest from Harmsworth Hospital.
5.25 Back to the Floor
Working Holiday
5.55 City Hospital
Gaby Roslin and her team of co-presenters report on the triumphs and trials of patients and staff at Southampton Hospital.
6.55 The Air Show
Aviation series with celebrity flyers.
7.25 Disaster
The Goiania Incident
One of the worst radiation contamination events.
8.00 Vets in Practice
A Family Affair
Follow four brothers who are all vets. Text
8.30 Back to the Floor
9.00 Paddington Green
Fly-on-the-wall look at the lives of Londoners.
9.35 The Clampers
A look at teams of British traffic wardens.
10.05 Neighbours at War
A look at two communities affected by outsiders.
10.40 Billy Connolly's World Tour of Australia
11.30 Secrets of the Paranormal
12midnight-1.00am Taxicab Confessions

UK PLAY:
1.00am Shooting Stars 1.30 Goodness Gracious Me 2.05 Vic Reeves Examines 2.35 Reeves and Mortimer 3.10 Soundtrack 3.40 Dave Pearce's DJ Anthems 4.05 Bally Dung 4.30 Pop Shop 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa Bramley's Seasonal Kitchen 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 A Year at Ballymaloe 9.30 Ideal Home Cooks 10.00 Simply Antony 10.30 Simply Baking 11.00 A Slice of the Action 11.30 Chef for a Day 12noon Scotland's Larder 12.30pm The Spice Trail 1.00 Coxon's Kitchen College 1.30 Spice World 2.00 Network Daily 2.45 Quick Cooks
3.00 A Year at Ballymaloe
From the Ballymaloe Cookery School.
3.30 Tessa Bramley's Seasonal Kitchen
4.00 Simply Baking
Strudel and Parcels
Baking with Andrew Nutter.
4.30 Ideal Home Cooks
With Nanette Newman.
5.00 Superchefs
5.30 Scotland's Larder
6.00 Coxon's Kitchen College
6.30-7.00pm Newman Meets

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Asteroid Impact
Explore the possibility that human life could be obliterated due to the force of an asteroid.
8.00 Storm of the Century
Witness some of the most extreme examples of the power unleashed by violent storms.
9.00 Firefight: Stories from the Frontlines
A look at the people who to run the gauntlet of natural disasters.
10.00 Born of Fire
A look at how volcanoes have shaped the world – from mountains to oceans – and why man finds them so fascinating.
11.00 Realm of the Alligator
Explore the enigmatic Okefenokee Swamp where the alligator reigns supreme.
12midnight-1.00am Talon: An Eagle's Story
Documentary unveiling the spectacular world of one of Africa's largest and most powerful predators, the Crowned Eagle, and the magical landscape over which it soars.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
Fast-paced quiz show.
6.30 Family Fortunes
7.00 Beadle's About
The bearded prankster fools more members of the public.
7.30 Winner Takes All
8.00 Gladiators
Members of the public battle with muscle-bound heroes.
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Dig it with Den 7.00 Down to Earth with Anthony Henn 7.30 The Close Guide 8.00 How to with B & Q 8.05 These Four Walls 8.35 Hot Property 9.05 The Joy of Painting 9.35 Dig it with Den 10.05 How to with B & Q 10.10 Down to Earth with Antony Henn 10.40 Two's Country: Under London 11.10 Our House 11.40 How 2 Crew 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 The New Yankee Workshop 1.45 Home Again with Bob Vila 2.15 How to with B & Q 2.20 The House Doctor 2.50 Village Green 3.20 Rex Hunt's Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Ibiza 2000 10.30 That Film Show 11.00 Fearless 11.30 Boardstupid 12noon Mountain Bikes 12.30pm World Wind Surf 1.00 That Film Show 1.30 Byte Me 2.00 High Adrenalin Action 2.30 e-trippers 3.00 Byte Me 3.30 Surf Film 4.30 Chilli Factor 5.00 Scratch TV 5.30-6.00pm Fearless

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Wednesday 5 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

DISCOVERY
WORLD PACK

3.00 PM
4.00pm Rex Hunt Fishing Adventures
Rex takes up the challenge of shark fishing.
4.30 Discovery Today
Science news and reports.

4.00 PM
5.00 Egypt
Chaos and Kings
Investigate how this civilisation rose to power, examining the Pharaohs' role as living gods.

5.00 PM
6.00 Hunters
Dawn of the Dragons
A look at how, long after the demise of the dinosaurs, crocodiles and alligators survive today.

6.00 PM
7.00 Diving School
Follow a group of people on a gruelling course.
7.30 Discovery Today
Science and technology magazine programme.

7.00 PM
8.00 Inside the Space Shuttle
A profile of the space shuttle, one of the most sophisticated machines ever constructed.

8.00 PM
9.00 The Quest
Forbidding Island
Following the adventures of an environmental research ship on a mission to raise awareness.

9.00 PM
10.00 The Bald Truth
A social and scientific investigation of baldness, looking at the problem in both sexes and examining its causes and effects.

10.00 PM
11.00 The Great Commanders
Alexander the Great
Profile of the greatest explorer and the greatest commander of his age.

11.00 PM
12midnight Time Team
Orkney
The team looks for evidence of the Viking invasion.
1.00am Secret Mountain
Chris Bonington presents a series about his expedition to climb Sepu Kangri in Tibet.
1.30-2.00am Discovery Today

12.00

NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Fat Dog Mendoza
3.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
4.00 The Powerpuff Girls
The heroines save Townsville once more.
4.30 Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation adventure series.
5.30 Johnny Bravo
More fun with the bequiffed egomaniac.
6.00 Tom and Jerry
Madcap antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
7.30 Looney Tunes
8.00 Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm FILM: Flesh
Wallace Beery, Ricardo Cortez, Karen Morley
Drama about a woman fresh out of jail who has to make a new life for herself. She meets and marries an honest wrestler and together with an ex-lover becomes embroiled in a devious scheme. *1932*
10.55-1.00am FILM: Trial
Glenn Ford
Courtroom drama with a complex web of conflicting interests. *1955*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

NICKELODEON
FAMILY PACK

7.00am Rugrats 7.30 Kenan and Kel 8.00 Sabrina the Teenage Witch 8.30 Hey Arnold! 9.00 Arthur 9.30 Fraggle Rock 10.00 The Magic School Bus 10.30 Bananas in Pyjamas 11.00 Babar 11.30 Arthur 12noon Thomas the Tank Engine 12.30pm Blue's Clues 1.00 Rugrats 1.30 Noah's Island 2.00 Babar 2.30 Mona the Vampire

3.00 The Wild Thornberrys
3.30 Rugrats
Fun with the tousle-headed nippers with the over-fertile imaginations.
4.00 Hey Arnold!
More madcap adventures with the kid with the coolest quiff in town.
4.30 Two of a Kind
Twin sister capers.
5.00 Sabrina the Teenage Witch
5.30 Kenan and Kel
The adventures of two funky friends.
6.00 Sister Sister
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 Caroline in the City
8.00 Ellen
Salad Days
An unexpected guest turns up to Ellen's dinner party.
8.30 Just Shoot Me
Nina's Birthday
9.00 Married... With Children
Peggy Turns 300
9.30 Cybill
Regarding Henry
Cybill gets spiritual.
10.00 Frasier
Roz's Turn
Roz decides to audition for a radio show.
10.30 Harry Hill
More surreal fun.
11.00 Vic Reeves Big Night Out
11.30 Cheers
The Two Faces of Norm
Norm invents a strict boss to motivate his crew.
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio
1.35 Duckman
2.00 DiResta
2.30 Encore Encore!
3.00 It's Garry Shandling's Show
3.30-4.00am Abbott and Costello

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

3.00 Diabolik
3.25 Woody Woodpecker
3.35 Sailor Moon
The adventures of a group of schoolgirl crime-fighters.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50 Mad Jack the Pirate
5.00 Monster Rancher
5.20 Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
Round up of the best sellers.
7.00 Jewellery Shop!
Special pieces from our Shop!'s range of jewellery.
8.00 Kids Shop!
Another opportunity to buy goods for children.
8.30 Holiday Shop!
Holiday gear.
5.00pm Shop Sale Selection
Round up of Shop!'s best-selling sale items.
6.00 Entertainment Shop!
The latest in top quality entertainment
7.00-7.30pm Collectors' Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows. Saturdays: The best of the week and children's programming. Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Business 1.15 Asian 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Style 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia Business 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money A look at both major and personal finance issues. 12noon Sky News Today 2.30pm PMQs 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 PMQs 10.00 Sky News at Ten 10.30 Sportsline A comprehensive sports news round-up. 12.30am CBS Evening News 1.30 PMQs 2.30 Sky Business Report 3.30 Showbiz Weekly 4.30 Fashion TV 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal Télévisé 5.15 Journal des Journaux 5.30 Télématin 7.00 Journal Télévisé 7.30 Magellan 8.00 Infos 8.05 Zig Zag Café 9.00 Journal Télévisé 9.15 Julie Lascaut 11.00 Infos 11.05 100% Questions 11.30 Journal Télévisé 12noon Infos 12.05pm Autour du Tour 1.00 Journal Télévisé 1.15 Julie Lescaut 3.00 Journal Télévisé 3.15 Questions 3.30 Grands Gourmands 4.00 Infos 4.05 Pyramide 4.30 Questions Pour un Champion 5.00 Journal Télévisé 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE 7.00 Journal Télévisé 7.30 Journal Télévisé 8.00 Infos 8.05 Pulsations 9.00 Journal Télévisé 9.15 Cinéma: Le Secret de Julia 11.00 Le Journal Du Tour 11.35-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 8.00 DD Programmes 9.00 FILM 11.30 News 12noon Non Stop Hungama 12.30pm Suzhal 1.00 Sansar 1.30 FILM 4.00 Inspector Vijay 4.30 Kakaji Kahen 5.00 Short Stories 6.30 Asianet Aur Aap 7.15 Sansar 7.40 News 8.00 Aarzoo 8.30 FILM 11.30 News 12midnight MTV Fresh 12.30am Asianet Aur Aap 1.00 FILM 4.00 Aainey 5.00 Sansar 5.30 Nashaib 6.00 Inspector Vijay 6.30 DD Programme 7.00-7.30am Satsang Sudha

ZEE TV
ADD-ON CHANNEL

6.00am Out and About 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith Christianity 7.30 Daily News 8.00 Ru Ba Ru 8.30 Tara 9.00 Rishtey the Love Stories 10.00 Rasm E Ashnai 11.00 Khoobsurat 11.30 Aangan 12noon FILM 3.00pm Yeh Hain Mere Apne 3.30 Hip Hip Hurray 4.00 Raahat 4.30 Alvida Darling 5.00 Muskan 5.30 Aangan 6.00 Sa Re Ga Ma 7.00 Lakeerein 7.30 Saath Saath 8.00 News Bulletin 8.20 Tips Tops 8.30 Amanat 9.00 Tum Hi To Ho 10.00 Thriller at 10 10.30 Nagin 11.00 Agni Chakra 11.30 Making of a Legend 12midnight Punjabi News 12.15am News Bulletin 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Filmi Deewane 5.30-6.00am Hit Thi Hit Hai

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Andrew Wommack 6.00 Life is for Living 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 CMTV 8.20 Thought for the Day 8.30 Life in the Word 9.00 Winning in Life 9.30 Winning Ways 10.00 Deciding Your Destiny 10.30-11.00am 700 Club Replay

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.45 Focus on Eastern Europe 3.00 Tokyo Live 5.00 US Market Report 5.05-6.00am Tokyo Live

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 2.00pm European Focus 3.00 PMQs 3.30 House of Commons 11.00 The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon
Maya: The Blood of Kings
12.55pm
Photos for the Future II
1.00 All Out War
Sink the Bismarck
2.00 Biography
Gregory Peck
3.00 Spies
Rudolf Abel – Master Spy
3.30 Victory at Sea
4.00 Battle Gear
5.00 Tales of the Gun
Explosive Power
6.00 Lost Civilisations
Inca: Secrets of Ancestors
6.55 Photos for the Future II
7.00 Maritime Month
Wipe Out
8.00 Biography
Claus von Bülow
9.00 Great Crimes and Trials
Neville Heath – The Ladykiller
9.30-10.00pm Great Crimes and Trials
The Case of Dr Crippen

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

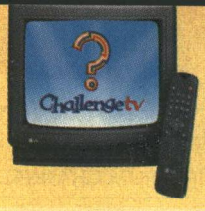
QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Liz Earle's Beauty Regime at 9.00pm.

WIN A TV! PRIZE CROSSWORD

SPONSORED BY Challenge tv

FOR MORE BRAINTEASERS, TUNE INTO CHALLENGE TV NIGHTLY FROM 5.00PM



Your crossword know-how could win you a fabulous 21in Teletext television! When you've completed the puzzle, send it to us with your name and address by 20 July. The first correct entry drawn wins.

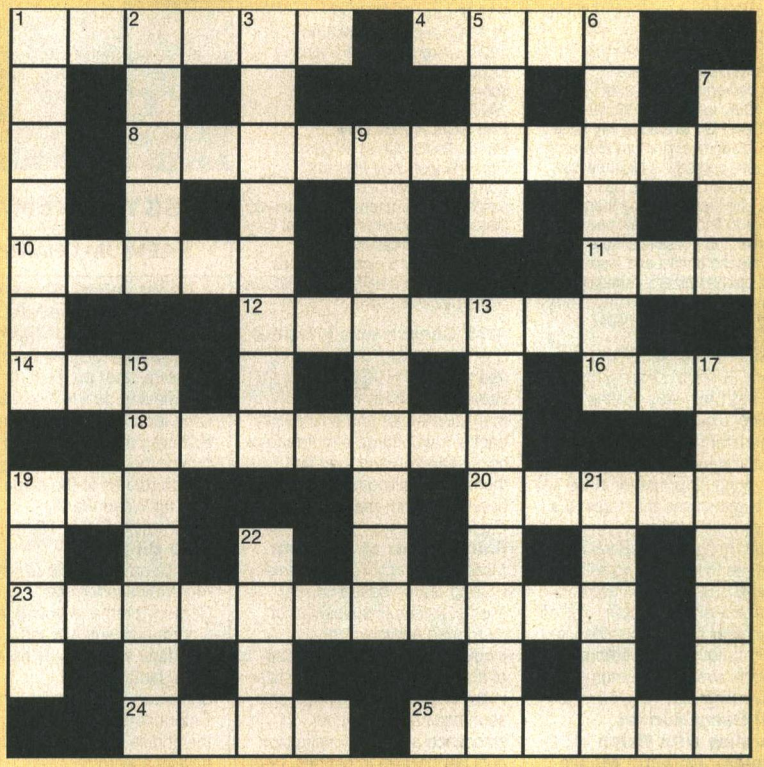
No 7 by Peter Knight

Across

1. What she wrote for Jessica to play *(6)*
4. Culture Boy George's association *(4)*
8. A plan guards have worked out for the channel *(7,4)*
10. Premiere showing of a top degree *(5)*
11. Mr Sherrin could end the confusion *(3)*
12. Jill acting for the country *(7)*
14. Sign for Mr McKern *(3)*
16. Came back from Florida for Warren's part *(3)*
18. Grab ode composed by Dirk *(7)*
19. Inside Story, featuring Mr O'Connor *(3)*
20. George and Mildred found proper way to lose leader *(5)*
23. In which Tom and Barbara were next to Jerry and Margot *(3,4,4)*
24. A book by Jane for Ms Thompson *(4)*
25. End Gus devised when playing opposite Bootsie *(6)*

Down

1. Attentive to a sort of mild fun *(7)*
2. Received and understood by Mr Moore *(5)*
3. Previous spouse on the stage found it very demanding *(8)*
5. Principal role for Heavy Metal, by the look of it *(4)*
6. Girl who laid Ben out *(7)*
7. Was on drugs, and that's not new *(4)*
9. A baby rode around the recording scene *(5,4)*
13. A dislike of Vera is no different *(8)*
15. Outside broadcast part of act is blue *(7)*
17. It was a vast amount of money for John *(7)*
19. A blind fruit presented by Cilla *(4)*
21. Beg one to have part of an apple a day *(5)*
22. Space at the top for it to be filmed *(4)*



The first correct entry drawn at random wins. There is no cash alternative to the prize. If the prizewinner cannot take up the prize, *Cable Guide* reserves the right to award it to a runner-up. The Editor's decision is final. No employees of *Cable Guide*, Challenge TV or associated companies are eligible to enter.

JUNE SOLUTION

Send completed crosswords (only one per household) to: Prize Crossword No 7, *Cable Guide*, PO Box 2176, London W1A 5TW, and please include a daytime telephone number

● Congratulations to May's TV winner, Susan Taylor from West Norwood

LOVE STARS BY MARGIE THILLART

JULY BIRTHDAYS
3rd Tom Cruise 9th Tom Hanks
19th Anthony Edwards 25th Matt LeBlanc
26th Sandra Bullock 30th Lisa Kudrow

Sensational ★★★ Stimulating ★★ Satisfactory ★

Aries
21 March-20 April ★★
NORMALLY free-spirited Aries may have their wings clipped and will have to look closer to home for fun and fulfilment. This may mean a shift in your thinking or a change of plans, but at least it will keep your loved ones happy.

Taurus
21 April-21 May ★
BECAUSE of your tendency to put people up on a pedestal, you're often disappointed when they fall from grace. Someone will definitely let you down this month, but in the process, you'll learn a major lesson about realism in relationships.

Gemini
22 May-21 June ★★
MANY of you will come to your senses soon and beg a forgiving person for a second chance. This is a growing up month for your sign and unless you accept your own shortcomings, a loving relationship may be lost forever.

Cancer
22 June-23 July ★★
YOUR patience and resources may be stretched to the limit, but it will pay to take risks this month. You may ruffle a few feathers in the process, but those who love you most will offer emotional and practical support.

Leo
24 July-23 August ★★
YOU may feel you're being held hostage by duty and responsibility, but family unity should be uppermost in your mind. Expect your freedom to be curtailed somewhat this month, as friends and loved ones vie for your precious time.

Virgo
24 August-23 September ★★★
RATHER than going around in circles, set yourself a target and aim directly for it. Some of you will be out to win a heart this month, while others decide it's time to master a new skill or upgrade their appearance.

Libra
24 September-23 October ★★
YOU may appear cool and calm on the outside, but inwardly you'll seethe about someone's bad behaviour. Just bear in mind that it will be much healthier to express your emotions this month rather than repress them.

Scorpio
24 October-22 November ★★
A NEW moon early in the month marks a major turning point or change in circumstances. This could mean an improved lifestyle or greater personal freedom for some Scorpios. For others, it will be make-or-break time in a romantic relationship.

Sagittarius
23 November-22 December ★★
JUST when you've reached the pinnacle in one aspect of your life, you'll hit rock bottom in another area. However, because yours is a resilient sign, you'll bounce back quickly and find unexpected support from loved ones.

Capricorn
23 December-20 January ★★
THE rose-coloured glasses will come off this month and you'll see someone in a whole new light. With emphasis on close relationships, you will stop deluding yourself about a romantic or business partner and finally face the truth.

Aquarius
21 January-19 February ★★
TO regain the upper hand in a relationship or situation, you must be firm but not inflexible. You love helping those less fortunate, but this month you would be wise to nurture your own needs and avoid letting others take advantage.

Pisces
20 February-20 March ★★
TIMES are changing for your sign. In the months ahead you'll put the past behind you and find greater stability. Those who have learned a harsh lesson about love will set their own terms in a romance. Others get career goals back on track.

Thursday 6 July

SKY PREMIER
PREMIUM CHANNEL

6.10am
Don't Go Breaking My Heart
Romantic comedy. Text *1998 rating Sky PG, DS, 90 mins*
8.00 The Horse Whisperer
Text *1998, rating Sky PG, 162 mins*
11.00 The Tin Soldier
1995, rating Sky PG, 99 mins
12.45pm Doctor Dolittle
Eddie Murphy, Ossie Davis
Text *1998, rating Sky PG, 82 mins*
2.30 Don't Go Breaking My Heart
Jenny Seagrove, Anthony Edwards
Romantic comedy. A recent widow finds herself back in the dating game after well-meaning friends attempt to find her a new partner. However, the possible suitors – a philandering dentist and a sensitive, failing sports trainer – certainly leave a lot to be desired. Text *1998, rating Sky PG, DS, 90 mins*
4.30 The Horse Whisperer
Robert Redford, Kristin Scott-Thomas, Sam Neill, Dianne Wiest
A riding accident leaves a young girl and her horse damaged both physically and psychologically. The young girl's mother takes her daughter and the horse to a remote ranch where a near-legendary horse whisperer promises to heal the horse's physical and emotional wounds. In the process, the young girl rediscovers her lost confidence and her mother finds herself falling in love with the man. Text *1998, rating Sky PG, 162 mins*
7.30 Barry Norman Interview with Ralph Fiennes, Julianne Moore and Neil Jordan
8.00 Doctor Dolittle
Eddie Murphy, Ossie Davis, Oliver Platt, Peter Boyle
Blockbusting family comedy about a doctor who discovers that he can talk to and understand all kinds of animals. Text *1998, rating Sky PG, 82 mins*
9.30 The Castle
Michael Caton, Anne Tenney, Stephen Curry, Anthony Simcoe
Australian comedy following one working-class family's attempts to resist a compulsory purchase order placed on their humble home – right on the boundary of an airport. Text *1998, rating Sky 15, DS, 82 mins*
11.00 The Big Lebowski
Jeff Bridges, John Goodman, Julianne Moore, Steve Buscemi
Off-beat comedy-drama about a hippy who becomes embroiled in a complex scheme which he has no hope of understanding. Text *1998, rating Sky 18, 112 mins*
1.00am Black Cat White Cat
1998, rating Sky 15, 124 mins
3.10 Triumph of the Spirit
1989, rating Sky 15, 115 mins
5.10-6.00am Barry Norman Interview with Ralph Fiennes, Julianne Moore and Neil Jordan

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am
Nothing Too Good for a Cowboy
1998, rating Sky PG, 88 mins
8.00 Boys Will Be Boys
1997, rating Sky U, 87 mins
9.35 Murder At 75 Birch
11.15 Chance of a Lifetime
1998, rating Sky PG, 87 mins
12.55pm One Special Victory
John Larroquette, Kathy Baker
1991, rating Sky PG, 91 mins
2.35 Boys Will Be Boys
Randy Travis, James Williams, Drew Winget, Julie Hagerty
Comic caper about two young, mischievous brothers who persuade their strict, ambitious father that they are capable of babysitting themselves for a night while their parents attend a barbecue. *1997, rating Sky U, 87 mins*
4.15 Chance of a Lifetime
David Naughton, John Ritter, Jean Stapleton, Katey Sagal
Romantic comedy about a magazine editor and a flirtatious bachelor who forge a marriage of convenience – and then find themselves falling head-over-heels in love for real. *1998, rating Sky PG, 87 mins*
6.00 Murder at 75 Birch
Melissa Gilbert, Gregory Harrison
Chilling drama based on real events. A man is suspected of murdering his wife and inadvertently causing the death of his brother. Although his sister-in-law is at first sympathetic, she soon begins to doubt his innocence and her investigation puts her own life in danger. *1998, rating Sky PG, 88 mins*
8.00 Dirty Work
Norm MacDonald, Jack Warden, Artie Lange, Chevy Chase
Comedy about a man who needs to raise cash to pay for urgent heart surgery for his father. He teams up with an old school friend and the two decide to earn a living from avenging other people's misfortunes in a revenge for hire business. *1998, rating Sky 15, 78 mins*
10.00 The Last Boy Scout
Bruce Willis, Damon Wayans
Action adventure about an ex-Secret Service agent-turned-private investigator who discovers that one of his clients has been murdered. He teams up with her lover and together the duo embark upon a trail of blackmail and corruption. *1991, rating Sky 18, DS, 101 mins*
11.45 Safe Men
Sam Rockwell, Steve Zahn
1998, rating Sky 15, 84 mins
1.15am The Newton Boys
Matthew McConaughey
Text *1998, rating Sky 15, 117 mins*
3.20 Blue City
1986, rating Sky 18, 79 mins
4.45-6.20am Sharing Richard
1987, rating Sky PG, 90 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm Jolson Sings Again
Larry Parks, Barbara Hale
Sequel to *The Jolson Story*. The singer begins to grow weary of the stage after the departure of his wife and decides to trade in fame for a life in the fast lane. However, the lure of the spotlight proves too hard to resist as Jolson returns to the stage just in time for World War II. *1949, rating Sky U, 95 mins*
6.00 Billy Liar
Tom Courtenay, Julie Christie, Mona Washbourney
Comedy drama. A young man in a boring job survives his mundane existence by escaping into a fantasy world – a creation of his own vivid imagination. Unfortunately, he begins to tell the odd lie and soon no-one will believe a word he says. *1963, rating Sky PG, 94 mins*
8.00 Roadgames
Stacy Keach, Jamie Lee Curtis, Grant Page, Marion Edward
Australian-made thriller. A trucker making his way across Australia picks up a hitchhiker along the way. But when she disappears, he suspects that the driver of a van who has been acting strange may have abducted her and so sets out in hot pursuit. *1981, rating Sky 15, 96 mins*
10.00 Sharky's Machine
Burt Reynolds, Rachel Ward, Vittorio Gassman, Brian Keith
Violent action tale about a narcotics cop who is demoted to the vice squad. There he gets involved with the investigation of a double murder and wages war on an underworld kingpin who is holding a deadly, vice-like grip on the prostitute that he loves. *1981, rating Sky 18, DS, 117 mins*
12.05am Loving
George Segal, Eva Marie Saint
1970, rating Sky 15, 85 mins
1.35 Roadgames
1981, rating Sky 15, 96 mins
3.15 Billy Liar
1963, rating Sky PG, 94 mins
4.55-6.00am One Mysterious Night
1944, rating Sky U, 55 mins

FRONT ROW

Matt Battaglia faces a battle for his freedom in 'Universal Soldier III: Unfinished Business'. Front Row, see below

FILMFOUR
ADD-ON CHANNEL

6.00pm The Young Ones
Cliff Richard, Robert Morley, Carole Grey, Mervyn Hayes
Musical. A young lad has his heart set on a pop career but finds that his local youth club is threatened by his property-developing dad. The aspiring singer attempts to raise the money required to save the club himself – by recording a song. *1961, 104 mins*
8.00 Time Bandits
Craig Warnock, David Rappaport, John Cleese
Comedy fantasy. A young boy is snatched from his suffocating suburban existence for a series of bizarre adventures by a band of renegade dwarfs. The group jumps from time-period to time-period looking for valuable treasures to steal.
Text *1981, 112 mins*
10.00 12 Monkeys
Bruce Willis, Brad Pitt, Madeline Stowe, Christopher Plummer
Time-travel thriller. A convict is sent back from the future to discover the cause of a virus that wiped out five billion people and sent society underground. Unfortunately, he is sent back six years too early and is arrested and locked up in a mental asylum. *1995, 124 mins*
12.10am The Hamster Factory and Other Tales of 12 Monkeys
A film about the making of *12 Monkeys*, from script receipt to the final release of the movie. *1996, 87 mins*
1.45 Brazil
Dystopian drama. *1985, 137 mins*
4.05-6.00am It Happened Here
Seminal drama. Text *1961, 96 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm
Without Reservations
Claudette Colbert, John Wayne, Don Defore, Anne Triola
Romantic comedy. An authoress who is looking for a man to play the hero in the movie of her new book meets the perfect candidate when she encounters a marine on a train – the only problem is the man in question doesn't like her work. *1946, 83 mins*
9.00pm
The Secret of My Success
Michael J Fox, Helen Slater, Richard Jordan, Margaret Whitton
Comedy. A young country boy hopes to land a job in a New York multi-million dollar corporation owned by a distant relative. Starting at the bottom, however, doesn't appeal to him so he pretends to be an executive. Text *1987, 110 mins*
11.00 Hidden Agenda
Kevin Dillon, Christopher Plummer, Andrea Roth
Cold war spy thriller. A man goes to Berlin and finds that his brother is dead and was linked to a secret police force. *1998, 94 mins*
12.45am
Bob and Carol and Ted and Alice
Comedy drama. *1969, 104 mins*
2.45 Monsignor
War drama. *1982, 122 mins*
5.00-7.00am
On the Night of the Fire
Drama. *1940, 76 mins*

FRONT ROW

SCREENING WHEN YOU'RE GOOD AND READY

WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE PRINCE OF EGYPT
Rating U, 95 mins
Animated epic. Two young princes are brought up together, one will rule Egypt – the other will grow up to become one of the world's greatest heroes. Voices of Sandra Bullock and Ralph Fiennes.
T/C: Animation, biblical tale.
BL: None.
S/N: None.
V: Some mild biblical horror.
6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm

Channel 51 Evening

THE FACULTY
Rating 15, 101 mins
Sci-fi thriller. A group of kids finds that their teachers have been taken over by a group of aliens who are bent on world domination. Stars Jordana Brewster, Clea DuVall and Laura Harris.
T/C: Sci-fi, horror.
BL: Frequent, strong.
S/N: Once, moderate.
V: Frequent, moderate.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

8MM
Rating 18, 119 mins
Thriller. A surveillance specialist is hired to find out the truth about a sordid video found in a dead man's effects. Stars Nicolas Cage, James Gandolfini and Joaquin Phoenix.
T/C: Thriller, snuff movies.
BL: Frequent, strong.
S/N: Frequent, strong, fetish.
V: Frequent, strong.
6.15pm, 8.30pm, 10.45pm, 1.00am, 3.15am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple are trying to recover from a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

Thursday 6 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Count Duckula
6.30 Grimmy
7.00 Starship Troopers
7.30 Pokémon
8.00 Pokémon
8.30 Pokémon
9.00 The Oprah Winfrey Show
10.00 Jenny Jones
11.00 Sally Jessy Raphael
12noon Jenny Jones
1.00pm Sally Jessy Raphael
2.00 Jenny Jones

3.00 Count Duckula
Xmas Quacker
3.30 Pokémon
The Lost Lapras
Ash and Misty head back home from Professor Ivy's by blimp.
4.00 Pokémon
Fit to be Tide
Ash sets out to qualify for the Orange League Tournament.
4.30 Pokémon
Pikachu Re-Volts
5.00 Star Trek: Voyager
Revulsion
Janeway and her crew receive a distress call from an alien ship which claims that all the crew but one have been killed. Text
6.00 The Simpsons
Bart Gets an F
Bart is in danger of failing his history class. Text
6.30 Britney in Hawaii
A one-hour concert with teen pop sensation Britney Spears featuring songs from her albums *Baby One More Time* and *Oops... I Did It Again.*
7.30 The Simpsons
Lard of the Dance Text
8.00 Popular
Round One
NEW SERIES Teenage show. The school's reigning social queen sets about establishing her status.
9.00 Friends
The One with the Candy Hearts
Ross bumps into his ex-wife while on a date. Text
9.30 ER
Pilot
The pilot episode of this medical drama series from best-selling author Michael Crichton features the overworked staff of County General Hospital as they make life-and-death decisions every day. Stars George Clooney and Sherry Stringfield. Text
11.30
Uncut! Miami Uncovered
A fly-on-the-wall look at the night and beach life of Miami.
12.30am Star Trek: Voyager
Revulsion Text
1.30 New York Undercover
Blue Boy
A young girl is raped by a paedophile who was recently released from prison and four officers are assigned to deal with the case.
2.30-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Keeping Up Appearances Text 6.30 Birds of a Feather Text 7.05 Crossroads 7.30 Dynasty 8.25 EastEnders Text 9.00 The Bill Text 9.30 The Bill Text 10.00 The House of Eliott 11.00 Knots Landing 11.55 Neighbours 12.25pm EastEnders Text 1.00 Dangerfield 2.00 Knots Landing

3.00 The Bill
A Hard Rain Text
3.30 The Bill
Rings on Her Fingers
Jarvis and Rawton investigate a vicious ram raid. Text
4.00 EastEnders
Della breaks some news to her mother and Ricky's timekeeping leaves a lot to be desired. Text
4.35 Neighbours
Will Paul confess?
5.00 'Allo 'Allo!
The British airmen are stuck down the drain in the village square, and René plans to get them out. Text
5.40 Bread
Liverpudlian sitcom about the Boswell family. Text
6.20 The Brittas Empire
The Christening
Gordon decides to organise a rehearsal for the christening.
7.00 Just Good Friends
Vince decides to follow up his surprise encounter with Penny and discovers where she lives.
7.40
Keeping Up Appearances
Richard isn't exactly over the moon with his birthday present.
8.20 Birds of a Feather
Still Waters Run Deep
Is Dorien finally going to receive her just deserts? Text
9.00 Only Fools and Horses
It's Only Rock and Roll
Rodney aspires to be top of the pops. Text
9.40 Harry Enfield's Yule Log Chums
A feast of comedy with Harry Enfield and Paul Whitehouse.
10.25 Casualty
The Hardest Word
Apologies are rife in Holby A&E as the loss of a loved one brings a family closer together. Text
11.30 The Bill
A Hard Rain
Rivalry between drug dealers has tragic consequences. Text
12.05am The Bill Text
12.40 Only Fools and Horses Text
1.20 Harry Enfield's Yule Log Chums
2.05 EastEnders Text
2.40 This Life Text
3.35 Going Straight
4.10 Going Straight
4.45 Bread Text **5.25-6.00am The Brittas Empire** Text

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 Real Romance 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich
Talk show.

3.20 Relationship SOS
Advice for people who need to revamp their relationships.
3.50 Forgive or Forget
Host Mother Love deals with real problems in a variety of relationships, giving guests the opportunity to forgive each other.
4.40 Oh Baby
Sitcom about a woman who's had a baby by artificial insemination.
5.05 Streetmate
Davina McCall attempts to find partners for single people.
5.35 Ready, Steady, Cook
Two top chefs compete against the clock to create recipes.
6.10
The Jerry Springer Show
US talk show in which Jerry Springer and his guests engage in lively discussions.

7.00 Judge Judy
Judy Sheindlin presides over a series of real-life cases.
7.30 Will and Grace
US sitcom about two roommates, one gay and the other straight.
8.00 Charmed
Drama series about three sisters who move into a house left to them by their grandmother – only to find they have inherited her powers of witchcraft as well.
9.00 FILM: St Elmo's Fire
Rob Lowe, Demi Moore, Andrew McCarthy, Judd Nelson
Episodic drama following the experiences of seven recent college graduates who are finding it difficult to come to terms with adult life, particularly when dealing with issues such as love and money. *1985*
10.50 Secret Suburbia
A look at some seemingly ordinary suburban residents and their extraordinary lives.
11.20-12midnight Erotic Confessions
Another helping of erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission Impossible 11.00 Only When I Laugh 11.30 The Lovers 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Bless This House 2.00 Hawaii Five-0

3.00 Boon
Fiddler under the Roof
A huge wedding reception at the Coaching Inn gets seriously out of control. Guest stars Stephen and Joe McGann
4.00 Kojak
Lady in the Squad Room
Kojak is not happy when Joanne Long is assigned to his division, and neither is she. But they find they have to work together.
5.00 Hart to Hart
Death in the Slow Lane
The Harts enter the world of international espionage when their car becomes the target of another jet-setting couple.
6.00 Emmerdale
Eric Pollard gives Kathy some sound advice. Text
6.30
Classic Coronation Street
Curly asks Susan out. Text
7.00 Sorry!
Timothy witnesses an extra-marital affair involving local businessman Byron Hadlee.
7.30 Bless This House
The Naked Paperhanger
8.00 Boon
A Once Fluid Man
Ken meets up with a former love, Detective Constable Margaret Daly, at an aerobics class. Stars Michael Elphick and David Daker.
9.00 Kojak
Sister Maria
A nun blames an airline executive for the death of her sister.
10.00 Hale and Pace
10.30-11.00pm
The Comedians

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Motor Week
A look at the motoring industry.
11.30
Motorsport Mundial
Includes coverage of various motorsport championships.
12midnight Carfile
A behind the wheels of the celebrated Land Rover Freelander.
12.30am Kits 'n' Cruising
Featuring the 7 litre, V8 A.K. 427 Cobra replica. Plus, John Price previews a very orange pick-up.
1.00 Motormania!
Includes features on classic models
1.30-2.00am The Big Bang

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Rolie Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Toons 10.40 Circle Time 10.40 Rolie Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Rolie Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Toons 1.10 Circle Time 1.15 Rolie Olie 1.30 Spot 1.40 Out of the Box 2.10 Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
More adventures with Ariel. Text
3.30 Sabrina
More trouble is brewing with the half-mortal/half-witch. Text
3.55 Art Attack
The award-winning innovative art show with great tips hosted by Neil Buchanan. Text
4.30 Recess
More adventures surrounding fourth grade life.
5.00 Miami 7
A mix of music, comedy and drama with S Club 7 playing for free in a Florida resort hotel. Text
5.30 Smart Guy
Comedy about a clever kid. Text
6.00 Boy Meets World
You're Married, You're Dead
Cory loses his engagement ring at a stag party. Text
6.30 Microsoap
Fun-filled kids' sitcom. Text
7.00 FILM: Sea People
Tegan Moss, Hume Cronyn
Family drama about a teenage swimming champ who meets some people who actually live in the sea. But all is not well with her aquatic friends, and soon she is fighting against time to help them survive. Text *1999*
8.30 Honey, I Shrunk the Kids: The TV Show
Honey, Let's Trick-or-Treat
Wayne's latest invention goes off accidentally. Text
9.15 Flipper
Live action marine adventure in Florida with TV's most famous and best-loved dolphin. Text
10.00 Home Improvement
Comedy double bill. Text
11.00 Dr Quinn: Medicine Woman Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

THURSDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

The Big Lebowski
Sky Premier 11.00pm

While it doesn't rank among sibling film-makers Joel and Ethan Coen's finest, this ragged, delightfully convoluted tale of mistaken identity and bowling has a certain shop-soiled charm. Jeff Bridges delivers an enjoyable study in slacker style as The Dude.

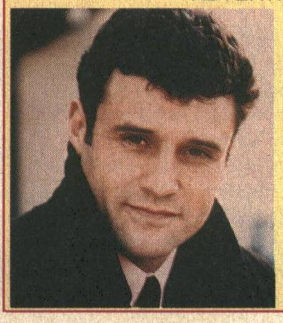
GENERAL

Popular
Sky One 8.00pm

Another hit US series transfers to the UK, this time based on the school lives of a group of teenagers. A drama show with a distinctly comic edge, *Popular* focuses on the fireworks between sassy social rebel Sam (Carly Pope) and reigning social queen Brooke (Leslie Bibb).

ADVERTISEMENT

UK STYLE



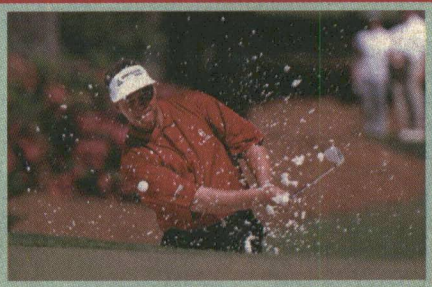
REAL ROOMS
7.00PM
A new series of the popular makeover show in which Simon Biagi and his team of expert decorators visit viewers' homes to transform rooms in urgent need of a revamp.

Thursday 6 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
MORNING	6.00 AM **7.00am Swimming – LIVE** **8.00 Cycling** **9.00 Sailing** **9.30 Swimming – LIVE** **10.30 Motorsports** **11.30 Superbike** **12noon Swimming** **1.00pm Swimming – LIVE** Men's diving from the European Championships. **2.00 Cycling** **2.30 Cycling – LIVE** Coverage of the sixth stage in the Tour de France. Today's stage travels 197km from Vitré to Tours	**7.00am Sky Sports Centre** **7.15 World Wrestling Federation – Superstars** **8.15 Sky Sports Centre** **8.30 Racing News 9.00 Aerobics Oz Style 9.30 Futbol Mundial 10.00 Euro Tour Weekly 10.30 Euro Tour Golf: Smurfit European Open – LIVE** **1.30pm Futbol Mundial** **2.00 International Cricket: Triangular One-Day International – West Indies v Zimbabwe – LIVE** International cricket action as West Indies face Zimbabwe at Bristol County Cricket ground in part of the NatWest Series triangular tournament – which also includes the host nation. Zimbabwe manager Dan Stannard is likely to place his hopes in captain Andy Flower and fellow batsman Murray Goodwin as they aim to overturn a Windies team still battling to rediscover the sort of consistency that gave them their fearsome reputation in cricket.	**7.00am Aerobics Oz Style** **7.30 Sky Sports Centre** **7.45 Racing News 8.15 Futbol Mundial 8.45 Sky Sports Centre 9.00 Telegraph Action Sport 9.30 Wild Spirits 10.00 Elite Speedway League: Kings Lynn v Oxford 12.30pm Rugby League World 2.00 World Pool Championships – LIVE** It's day six of this year's World Pool Championships at Cardiff International Arena where the world's best players are competing for the sport's biggest prize fund of $250,000. Live coverage of the third round with just 32 players now remaining in this popular tournament.	**12noon Watersports World** **1.00pm Telegraph Action Sport** An all-action programme featuring footage from extreme sports film-makers. **1.30 Steve Davis and Friends: Mark Wildman** The former world champion chats with Mark Wildman. **2.30 Brian Moore Interviews: Laurie Riley**	**8.00am Battlestar Galactica** **9.00 The Time Tunnel** **10.00 Project UFO** **11.00 The Incredible Hulk** **12noon Babylon 5** *War without End – Part I* **1.00pm Highlander: The Raven** *Full Disclosure* **2.00 Battlestar Galactica** *The Young Lords*	**6.00am Select MTV** **8.00 MTV Hits** **9.00 Bytesize MTV** **12noon MTV Hits** **12.30pm Daily Edition** **1.00 MTV Hits** **2.00 All-Time Top 10 Advert Videos** **NEW** No advert is complete these days without a potential chart-topper to accompany it.
3.00 PM			**3.00 Euro Tour Golf: Smurfit European Open – LIVE** Title-holder Lee Westwood and another top class field are at Dublin's wonderful K Club, battling for the top prize in an event with a $3 million prize fund. Westwood's astonishing comeback was the undoubted highlight of last year's Smurfit European Open. David Livingstone introduces the live action.	**3.00 Robocop** *Illusions* RoboCop guards the Chairman of OCP against a potential assassin who may be a young magician.	**3.00 Bytesize MTV** A constant barrage of bizarre highlights from MTV stations around the world, in short soundbites.
4.00 PM				**4.00 The Time Tunnel** *Billy the Kid* Landing in New Mexico in the 1880s creates a near-fatal meeting with history.	**4.00 Select MTV** Viewers make MTV their personal jukebox. Live from London daily with two hours of chat, videos and guest appearances.
5.00 PM	**5.00 Swimming** Action from the European Championships in Helsinki includes the men's 50m breaststroke, 200m breaststroke and 200m		**5.30 Wild Spirits** Wild and mad-cap series about aspects of sport not for the faint-hearted.	**5.00 Project UFO** *The French Incident* The White House orders an investigation when the son of a presidential envoy is abducted by a UFO.	
6.00 PM	butterfly finals. The women are in action with the women's 800m freestyle women final and the 50m breaststroke and 100m backstroke semi-finals.	**6.00 Sky Sports Centre** The latest news from the world of sport. **6.30 International Cricket: Triangular One-Day International – West Indies v Zimbabwe – LIVE** The live cricket action continues from Bristol as West Indies and Zimbabwe face each other in the second session of their one-day international encounter as part of the NatWest Series.	**6.00 Inside the PGA Tour** Behind-the-scenes on the popular PGA Tour. **6.30 FIFA TV** The football magazine.	**6.00 Saloon Car Championship: National Championship** **6.30 Formula Palmer Audi** High-octane motor racing.	**6.00 The Incredible Hulk** *Deathmask* The fugitive scientist is mistaken for a mass murderer and faces a mob.	**6.00 Bytesize MTV** A constant barrage of bizarre highlights from MTV stations around the world, in short soundbites.
7.00 PM	**7.00 Racing Line** Today's motorsport highlights take in Formula 3000 at Magny Cours, motorcycling and the FIA GT Championships.		**7.00 World Pool Championships – LIVE** The sixth day of the Championships continues from Cardiff International Arena with more live action from the second session.	**7.00 Tight Lines** Bruno Brookes hosts the show for fishing fanatics and offers advice to viewers phoning in with their questions.	**7.00 Highlander: The Raven** *Full Disclosure* The murder of a Navajo code-talker leads back to a master assassin.	**7.00 MTV Hits** Another hour of back-to-back smash hits and bubbling-under videos.
8.00 PM	**8.00 Boxing** Action from the ring with an international contest.			**8.00 Gaelic Games** Action from the annual summer festival as the disciplines of Gaelic football and hurling are played out with passion.	**8.00 Babylon 5** *Comes the Inquisitor* The resistance effort against the Centauri must be upheld, and a test of allegiance is taken.	**8.00 MTV Dance Floor Chart Show** June Sarpong presents the biggest tunes hitting the dance floors around the UK this weekend.
9.00 PM	**9.00 Cycling** Tour de France highlights of today's stage with reactions, interviews, analysis and statistics.			**9.00 Ford Golf USA: Advil Western Open – LIVE** The live golf action comes the Cog Hill Golf & Country Club in Lemont, Illinois. Tiger Woods won the 1999 tournament and is hot favourite to repeat the feat in 2000.	**9.00 Babylon 5** *The Fall of the Night* Earth reacts to the Centauri's invasion of several worlds, and revelations are made.	**9.00 Daily Edition** Stories from the world of showbiz as they break. **9.30 Celebrity Death Match** Cult claymation satire.
10.00 PM	**10.00 Swimming** Highlights of the day's action at the European Championships in Helsinki.	**10.00 Sky Sports Centre** **10.15 Trans World Sport** A global round-up with stories from across the world and from every field of international sport. **11.15 FIFA TV** Inside the beautiful game. **11.45 Sky Sports Centre**	**10.30 Formula Palmer Audi** High-octane action from the world of motor racing.		**10.00 FILM: Encounter at Raven's Gate** *Steven Vidler* Fantasy. During a drought in Australia, the sky rains dead birds, family pets turn vicious, ghosts appear and people begin to lose their sanity. *1988* **11.40 Sci-Focus Special**	**10.00 The Tom Green Show** Comedy on the streets. **10.30 Loveline USA** Problem-solving for viewers' angsts and agonies.
11.00 PM	**11.00 Racing Line** Another chance to catch motorsport highlights including Formula 3000, FIA GT and Grand Prix motorcycling.		**11.00 Euro Tour Golf: Smurfit European Open** Highlights from the opening day at the K Club in Dublin. The title was taken last year by English star Lee Westwood.	**11.00-12midnight Tight Lines** Bruno Brookes hosts the show for fishing fanatics and offers advice to viewers phoning in.		**11.00 MTV Dance Floor Chart Show** Another chance to see today's episode with a look at the biggest tunes hitting the dance floors.
NIGHT TIME 12.00	**12midnight-12.30am Truck Sports** Big wheel action with fourth round highlights of the FIA European Truck Racing Cup at the A1-Ring in Austria.	**12midnight Saloon Car Championship: National Championships** **12.30am Gaelic Games** Action from Ireland at the annual summer festival. **1.30 Trans World Sport** **2.30-2.45am Sky Sports Centre**	**1.30am Ford Golf USA: Advil Western Open** Action from the Cog Hill Golf & Country Club in Lemont Illinois in this $3 million event. **3.30 Tight Lines** **4.30-4.45am Sky Sports Centre**		**12midnight Lexx** *Norb* **1.00am FILM: Spellbinder** *Tim Daly, Kelly Preston* A beautiful woman is rescued from a satanic cult by two friends. *1988* **3.00-4.00am Babylon 5** *War without End – Part I*	**12midnight Best of MTV Ibiza 99** **NEW** Highlights of the first spectacular *MTV Ibiza* when 12,000 fans danced under the stars. **12.30am Partyzone** **1.00-6.00am Night Videos** Music through the night.

LIVE EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
SKY SPORTS 1 10.30AM, SKY SPORTS 3 3.00PM

The return to form of Lee Westwood (pictured) is bad news for his rivals in the £1.5m Smurfit European Open. Westwood's incredible seven-stroke comeback to win last summer's event was one of the most compelling stories of the 1999 PGA European Tour. Darren Clarke had thrilled the local Irish fans for three days, only to capitulate in round four and allow Westwood to claim victory by three shots. This year's event starts today at the K Club, Dublin, and is likely to be just as hard fought.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Sex Under Hot Lights 11.15 Rendezvous 12midnight Freeview 12.12am Banged Up 12.35 Fräulein Debutantes 12.55 FILM: No Man's Land 2.15 Our First Time 2.40 Clubbers 2.55 Pizza Passion 3.25-4.00am Dripping Wet Video

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Adult Feature 12.25 Adult Feature 12.40 FILM: The Kiss 1.00 The Five Minute Freeview 1.05 FILM continues 1.55 Search for a Porn Star 2.20 FILM: Psycho Sex 2 2 3.30-4.00am Adult Feature

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Thursday 6 July

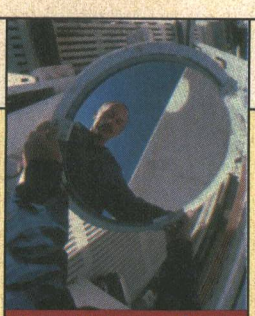
VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon
Behind the Music: Genesis
1.00pm Greatest
Hits: Diana Ross
1.30 Pop-Up Video
2.00
Pavarotti and Friends '99
Luciano Pavarotti teamed up with a stellar line-up to raise funds for the children of Guatemala and Kosovo. The concert line-up includes Ricky Martin, Joe Cocker, Mariah Carey, BB King, Lionel Richie, Boyzone and Gloria Estefan.
4.00 VH1 to One: Au Revoir Celine
The French-Canadian stadium superstar.
4.30 Greatest Hits: Elton John
5.00 Ten of the Best: Phil Collins
The singer-drummer and recent Oscar winner picks his ten favourite videos of all time.
6.00
VH1 to One: Sting
The ex-frontman of The Police and major solo star.
6.30 Greatest Hits: Diana Ross
7.00 Top Ten
The latest chart hits in VH1's own chart rundown.
8.00 Paul Weller Live at the Royal Albert Hall
NEW Recorded live at the most prestigious of London concert venues.
9.30 That's Entertainment: The Jam Tribute
The making of the album.
10.00 Behind the Music: Oasis
The documentary Liam said he would never make. A look the band and the turmoil which follows them.
11.00 VH1 Album Chart Show
The topselling albums and artists of the moment in the dedicated album chart rundown show.
12midnight Talk Music
12.30am Greatest Hits: Diana Ross
Diana Ross has had a spectacular career, both with The Supremes and solo.
1.00 Hey, Watch This!
2.00 VH1 Flipside
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30
Going Wild with Jeff Corwin
Manitoba
1.00 Jack Hanna's Zoo Life
Tacoma, Washington
1.30 Jack Hanna's Zoo Life
Zimbabwe
2.00 Pet Rescue
2.30 Kratt's Creatures
Kick Boxing Kangaroos
Why kangaroos fight.
3.00 Zig and Zag
A game show and sports competition for dogs.
3.30 Zig and Zag
More family dogs and their owners competing.
4.00 Animal Planet Unleashed
Howie Watkins takes a riding lesson.
4.30 Croc Files
Wildlife series.
5.00 Pet Rescue
5.30 Going Wild with Jeff Corwin
Australia – Red Center
The poisonous death adder, and honey ants.
6.00 The Aquanauts
The team dive off the Galapagos Islands with hammerhead sharks.
6.30 Croc Files
Wildlife series.
7.00 Born Wild
Africa and Madagascar
A journey through the African continent, discovering natural wonders along the way.
8.00 Wild Rescues
The unique relationship between humans and animals protecting each other is explored.
8.30 Wild Rescues
9.00 Crocodile Hunter
Wildest Home Videos
Outtakes, scary moments and a behind-the-scenes look at croc-hunters.
10.00 African River Goddess
The life story of a female Nile crocodile filmed at close range above and below the water's surface.
11.00–12midnight Emergency Vets Special – Tails of the Heart
The inside story of a veterinary hospital.

CABLE CHECK
Some of the channels listed may not be available in your area



Larry Webster reflects on the 'Solar Blast'. National Geographic Channel 9.00pm

ITV2
ACCESS PACK

4.00pm Trisha
A double bill of the chat show. More heartwarming and hair-raising true stories about life and realtionships with Trisha Goddard and a studio audience. Text
6.00
The Extremists
6.30 Boxing First
8.00 Sunset Beach
US soap. Meg makes friends with a thief and Michael saves the life of a local reporter.
8.50 Chart Choice
9.00 The Last Train
Sci-fi drama series about a group of survivors in the aftermath of a meteorite's catastrophic collision with the Earth. Text
10.00 Emmerdale
Tonight's episode of the hit soap from ITV. Text
10.30 Nuts and Bolts
Modern life in Wales set in a fictional town.
11.00 The Jerry Springer Show
More outrageous family revelations and partner confrontations.
11.50 Late Show with David Letterman
Top-rated US chat show with celebrity guests.
12.40am Freaky Stories
12.50 Board Wild
1.20 Planet Rock Profiles
1.50-3.20am Emmerdale
Three episodes of the soap back-to-back. Text

UK STYLE
LIFESTYLE PACK

7.00am Holiday Guide To... 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Our House 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 Repair to Remember 11.30 Fantasy Rooms 12noon Big Strong Girls 12.30pm Style Challenge 1.00 Delia Smith's Summer Collection 1.30 Ready, Steady, Cook 2.00 Gardening Neighbours 2.30 Gardeners' World
3.00 Garden Magic
Garden problem-solving.
3.30 Gardening from Scratch
Down to Earth and Planting Up
4.00 Stefan's Garden Roadshow
Gardening advice.
4.30 Travel Xpress
A look at Minneapolis, Slovenia and Ireland.
5.00 Travel Xpress
Exploring southern Ireland's Aran Islands.
5.30 Can't Cook, Won't Cook
Cookery challenge for younger chefs.
6.30 Antiques Roadshow
Members of the Canterbury public bring their antiques to the experts.
7.00 Real Rooms
Edinburgh Hall
Transforming the hallway of a 1950s bungalow.
7.30 Change That
Furniture makeovers.
8.00 Style Challenge
Leading fashion experts have less than 30 minutes to give people the makeover of their dreams.
8.30 Which Craft?
9.00 Dream House
Carol Vorderman and experts build a hi-tech dream house in six weeks.
9.30 How Does Your Wallpaper Hang?
Advice from the experts on everything from grouting to a full home re-design.
10.30 House Invaders
Homes are given a facelift for no money.
11.00 Home Front in the Garden
Acton Fashion
A fashionable garden.
11.30 Garden Magic
Gardening dilemmas.
12midnight Gardeners' World
A look at plans for a major horticultural venture to explore the relationship between man and plants.
12.30am-1.00am Stefan's Garden Roadshow
Gardening advice.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Kung Fu Business 7.50 A Graze with Danger 8.20 Chimpanzee Diary 8.50 Battersea Dogs' Home 9.20 Tomorrow's World Plus 10.20 New Star in Orbit 11.15 The Wolf Man 12.15pm Chimpanzee Diary 12.45 City Hospital 1.45 Dream House 2.15 Dream Wheels 2.45 The Kung Fu Business An insight into the lives of the Buddhists of Shaolin, who have practised kung fu for over 1,500 years.
3.45 Battersea Dogs' Home
Life at the world's most famous home for dogs.
4.20 Vets in Practice
New Faces
Series following newly qualified vets. Text
4.50 Animal Hospital
Rolf Harris catches up with the patients at the RSPCA.
5.25
Back to the Floor
A Class Apart
5.55 City Hospital
Series in which Gaby Roslin and her team of co-presenters report on daily life at Southampton General Hospital.
6.55 The Air Show
The lively aviation magazine features a flight with the USAF's top acrobatic team.
7.25 Disaster
The Chemical Scythe
8.00 Vets in Practice
New Faces Text
8.30 Back to the Floor
A Class Apart
A public school teacher visits a comprehensive.
9.00
Paddington Green
Jackie has to make a decision about surgery.
9.35 The Clampers
Fly-on-the-wall series.
10.05
Living with the Enemy
Two homophobic rugby players meet a gay couple.
10.40
Billy Connolly's World Tour of Australia
11.30 Secrets of the Paranormal
Order from Chaos
12midnight-1.00am Taxicab Confessions

UK PLAY:
1.00 Shooting Stars 1.30 Game On 2.05 Vic Reeves Examines 2.35 Reeves and Mortimer 3.10 Soundtrack to My Life 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Joe's Pop Shop 5.00 Chris Moyles Show 5.30 Sound of Play 6.30-7.00am The Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa Bramley's Seasonal Kitchen 7.30 Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 A Year at Ballymaloe 9.30 Ideal Home Cooks 10.00 Green Gourmet 10.30 Simply Baking 11.00 Slice of the Action 11.30 Loyd on Location 12noon Scotland's Larder 12.30pm In Season 1.00 Coxon's Kitchen College 1.30 Costa del Nosh 2.00 Network Daily 2.45 Quick Cooks
3.00
A Year at Ballymaloe
This edition covers recipes with a Mexican theme.
3.30 Tessa Bramley's Seasonal Kitchen
4.00 Simply Baking
Bread
4.30
Ideal Home Cooks
A redesigned apartment.
5.00 Superchefs
5.30
Scotland's Larder
6.00 Coxon's Kitchen College
6.30-7.00pm
Cocktail Challenge
NEW SERIES

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
All Aboard Zaire's Amazing Bazaar
Robert Caputo voyages deep into Zaire.
7.30 Amazon Bronze
8.00 Piper Alpha
A look back to 1998, which marked the 10th anniversary of the Piper Alpha oil rig disaster in which 167 men died.
9.00 Solar Blast
How a coronal mass ejection, or a hurricane of gas and plasma, from the Sun interfered with Earth's magnetic shield.
10.00 TB Time Bomb – Plagues
Exploration of how polio and tuberculosis could make a comeback.
11.00
Komodo Dragons
An intimate look at the swift and very large carnivorous Komodo Dragon.
12midnight-1.00am Stalin's Arctic Disaster
In 1932, Soviet explorer Otto Schmidt crossed the Arctic Sea. Convinced that he could do so again, he set off on a disastrous mission in July of 1933.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
7.30 Winner Takes All
Contestants must bet on general knowledge questions to win money.
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
Matthew Kelly hosts the final of the celebrity impersonation show with amateur singers.
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Garden Calendar 7.00 The Great Gardening Plot 7.30 The Close Guide 8.00 How to with B and Q 8.05 These Four Walls 8.35 Hot Property 9.05 The Joy of Painting 9.35 Garden Calendar 10.05 How to with B and Q 10.10 The Great Gardening Plot 10.40 Two's Country 11.10 Our House 11.40 How 2 Crew 12.10pm How to with B and Q 12.15 Hometime 12.45 Classic This Old House 1.15 The New Yankee Workshop 1.45 Home Again with Bob Vila 2.15 How to with B and Q 2.20 The House Doctor 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am buzz:tracks 11.00 Ibiza 2000 11.30 Mountain Bikes 12noon buzz:tracks 1.00pm Scratch TV 1.30 That Film Show Movie magazine.
2.00 Adrenalize
2.30 Byte Me
3.00 Surf Film
4.00 Trainspotters 99
5.00 Ibiza 2000
5.30-6.00pm e-trippers Interactive travel show.

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm
LLTV – Local Life

Thursday 6 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

NICKELODEON
FAMILY PACK

7.00am Rugrats 7.30 Kenan and Kel 8.00 Sabrina the Teenage Witch 8.30 Hey Arnold! 9.00 Arthur 9.30 Fraggle Rock 10.00 The Magic School Bus 10.30 Bananas in Pyjamas 11.00 Babar 11.30 Arthur 12noon Thomas the Tank Engine 12.30pm Blue's Clues 1.00 Rugrats 1.30 Noah's Island 2.00 Babar 2.30 Mona the Vampire

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Akhir Kyon 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Fuldani Foram 12.30pm Thekikaat 1.00 Katha Sagar 1.30 FILM 4.00 Take 2 4.30 Music Fusion 5.00 Kaala Daira 6.00 Mumkin 6.30 Videocon Flashback 7.00 Katha Sagar 7.30 News 8.00 Wilaytee Babu 8.30 FILM 11.30 News 12midnight Wilaytee Babu 12.30am MTV 123 1.15 FILM 4.00 Thekikaat 4.30 Mumkin 5.00 Dooriyan 6.00 Holy Quran 6.30 DD Programme 7.00-7.30am Bhule Bisre Geet

3.00 PM

DISCOVERY
WORLD PACK

4.00pm Rex Hunt Fishing Adventures
4.30 Discovery Today
Topical reports on the latest issues in science and technology.
5.00 Spell of the North
Greenland Ice Giant
A native Greenlander's perspective of early explorers and adventurers.
6.00 Hunters
Giant Grizzlies of the Kodiak
A look at the life of one of the most powerful carnivores on Earth.
7.00 Great Escapes
The Men Who Fell to Earth
A look at Richard Branson's Atlantic crossing attempt by hot-air balloon.
7.30 Discovery Today
8.00 Medical Detectives
The Killing Room
8.30 Medical Detectives
Sealed with a Kiss
9.00 The Quest
Predator
The *Quest* team ventures to the Bahamian island of Bimini where they help a shark researcher.
10.00 Forensic Detectives
Living in Terror
A terrorist leaves a calling card that experts are learning to read.
11.00 Battlefield
A look at the military reality of the Vietnam War and the increasingly aggressive air campaign against the North Vietnamese.
12midnight Time Team
Turkdean
The team discovers a Romano-British villa complex.
1.00am Diving School
Follow recruits at the world's leading school for commercial diving.
1.30-2.00am Discovery Today

3.00 Fat Dog Mendoza
3.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
4.00 The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30 Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation adventure series.
5.30 Johnny Bravo
More pec-flexing with the bequiffed egomaniac.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky tales.
7.30 Looney Tunes
8.00 Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm FILM: Reunion in France
Joan Crawford, John Wayne, Philip Dorn
Romantic drama. A sophisticated Parisian discovers her lover is collaborating with the Nazis and turns her affections to an American flyer running from the Gestapo. *1942*
11.00-1.00am FILM: Torpedo Run
Glenn Ford, Dean Jones
Wartime thriller about a submarine pursuit. *1958*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

3.00 The Wild Thornberrys
3.30 Rugrats
Fun with the tousle-headed nippers with the over-fertile imaginations.
4.00 Hey Arnold!
More adventures with the kid with the cool quiff.
4.30 Two of a Kind
Double trouble with the twin sisters.
5.00 Sabrina the Teenage Witch
5.30 Kenan and Kel
The adventures of two funky friends.
6.00 Sister Sister
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 Caroline in the City
8.00 Ellen
What's Up Ex-Doc?
8.30 Just Shoot Me
Secretary's Day
Finch is feeling unappreciated.
9.00 Married... With Children
Peggy Made a Little Lamb
9.30 Cybill
The Love of Her Life
Cybill has a confession.
10.00 Frasier
The Unnatural
Frasier tries his hand at baseball.
10.30 Harry Hill
Surreal comedy show.
11.00 Vic Reeves Big Night Out
11.30 Cheers
The Stork Brings a Crane
Rebecca makes plans for Cheers' 100th anniversary.
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio 1.35 Duckman 2.00 DiResta 2.30 Encore Encore! 3.00 It's Garry Shandling's Show 3.30-4.00am Abbott and Costello

3.00 Diabolik
3.25 Woody Woodpecker
3.35 Sailor Moon
Adventures of the élite schoolgirl crime-fighters.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50 Mad Jack the Pirate
5.00 Monster Rancher
5.20 Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
A round-up of Shop!'s best-selling items.
7.00 Kitchen Shop!
A selection of kitchenware for the home.
8.00 Collectors' Shop!
8.30 Home Shop!
A selection of items and equipment for the home.
5.00pm Shop! Sale Selection
Round-up of Shop!'s best-selling sale items.
6.00 Clothes Shop!
A sample from Shop!'s extensive fashion range.
7.00-7.30pm Holiday Shop!
A selection of holiday items.

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Movers 1.15 Asian 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Hotspots 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Showbiz 1.00 This Morning Asia 1.15 Asia Business 2.00 Larry King 4.30-5.00am American Edition

ZEE TV
ADD-ON CHANNEL

6.00am Usha Uthap Show 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith Sai Baba 7.30 News 8.00 Karobari Duniya 8.30 Tara 9.00 Daayre 9.30 Bodymatters 10.00 Tum Hi To Ho 11.00 Iffat's Fashion Magazine 11.30 Aangan 12noon FILM 3.00pm Professor Pyarelal 3.30 Ikke Pe Ikka 4.00 Raahat 4.30 Pride Antakshari 5.00 Chingari 5.30 Aangan 6.00 Banegi Apni Baat 7.00 Hello Friends 7.30 Aashiqui 8.00 News Bulletin 8.30 Pride Ka Aashirwad 9.00 Raahein 9.30 Kasak 10.00 Thriller at 10 10.30 Pakistan News Link 11.00 Saath Saath 11.30 Woh 12midnight Punjabi News 12.15am News Bulletin 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 V3 5.30-6.00am Hey Ha Ho

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five Join Kay Burley and Jeremy Thompson for a complete look at the day's top stories. 8.30 Sky Business Report 9.30 Fashion TV 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Fashion TV 4.30 The Book Show 5.30-6.00am CBS Evening News

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Andrew Wommack 6.00 Winning Edge 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 CMTV 8.30 Life in the Word 9.00 Potter's House 9.30 Winning Ways 10.00 CMTV 10.30-11.00am 700 Club Replay

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows. Saturdays: The best of the week and children's programming. Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart*.

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 A Bon Entendu 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Le Secret de Julia 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Le Secret de Julia 3.00 Journal Télévisé 3.15 Questions 3.30 Télétourisme 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal 7.30 Journal et Le Journal de Temps 8.00 Infos 8.05 Les Géants du Siècle 9.00 Journal Télévisé 9.15 Des Trains Pas Comme les Autres 11.00 Le Journal du Tour 11.30 Infos 11.35-12midnight Journal

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 3.30 Wall Street Report 4.00 Tokyo Live 5.05-6.00am US Market Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 House of Lords 11.30 House of Commons 7.30pm House of Lords 11.00 The Record 11.30-12midnight European Focus

NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon Inca
Secrets of Ancestors
12.55pm Photos for the Future II
1.00 Wipe Out
2.00 Biography
Claus von Bülow
3.00 Spies
No Place to Hide
3.30 Victory at Sea
The Battle for Leyte Gulf
4.00 Armoured Attack
5.00 Classic British Cars
Small Wonders
5.30 Classic Cars
Suburban Specials
6.00 Lost Civilisations
Africa – A History Denied
6.55 Photos for the Future II
7.00 The Lusitania
Murder on the Atlantic
8.00 Biography
Anthony Quinn
9.00 Great Crimes and Trials
Roberts, Witney and Duddy
9.30-10.00pm Great Crimes and Trials
The Black Panther

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is In the Salon with Alison at 4.00pm.

FREE PHONE & FREE CONNECTION

PEAK CALLS
ONLY 5p p/min
Precept 120
£25 a month/120 mins FREE

OR

25 HOURS
FREE OFF-PEAK CALLS
Everyday 50
ONLY £15.50 per month

OR

150 MINUTES
FREE OFF-PEAK CALLS
One-2-Anytime
£15 a month/FREE Voicemail

ANY TARIFF OR PHONE AVAILABLE

Offer Includes:
- FREE PHONE & CONNECTION
- HANDSFREE KIT
- 4 COLOUR COVERS*
- IN-CAR CHARGER/HOLDER
- LEATHER CASE
- NEXT DAY DELIVERY

FUN clip-on colour covers*

NOKIA 3210

- Excellent Call Quality
- No Aerial
- Changeable front & back
- Dual Band

ERICSSON T18

- Excellent Call Quality
- Latest Design
- Voice Dialling
- Dual Band

plus plus plus You can keep your existing mobile phone number

THE LATEST MODEL PHONES AVAILABLE AT UNBEATABLE PRICES!!!

plus plus plus

OR £25 Cashback OR

(Free gifts are on selected tariffs)

Direct MOBILE PHONE WAREHOUSE

0800 195 1155

Opening Times: Mon-Thur 8am-10pm, Fri 8am-6.30pm, Sat 9am-6pm, Sun 10am-5pm

This offer is subject to availability and connection to 12 month contract. Connection to the network depends on a credit status check and a small deposit may be required. *Nokia 3210 only. E&OE. Full written terms & conditions available on request. Ericsson T18 RRP £49.99, Nokia 3210 RRP £39.99, Nokia 7110 RRP £129.99, Ericsson T28 RRP £199.99, Nokia 8210 RRP £249.99, Motorola 3688 RRP £199.99, TV RRP 79.99, Camera RRP £39.99.

ISO 9002 REGISTERED FIRM

H48

Friday 7 July

SKY PREMIER
PREMIUM CHANNEL

6.00am
Leona Helmsley: Queen of Mean
1990, rating Sky PG, 94 mins
8.00
Under the Lighthouse Dancing
1996, rating Sky PG, DS, 90 mins
9.45 The Adventures of Ragtime
1998, rating Sky U, 95 mins
11.30 The All New Adventures of Laurel & Hardy in For Love or Mummy
1999, rating Sky PG, 84 mins
1.00pm Wild America
1997, rating Sky PG, 102 mins
2.45 Soccer Dog: The Movie
Olivia D'Abo, Jeremy Foley
Family comedy. A recently adopted youngster is finding it difficult to fit in to his new home. But when a stray dog befriends him, the boy's life takes a new turn and his popularity escalates. The dog is recruited into the junior soccer team. *1998, rating Sky PG, 94 mins*

4.30 The Adventures of Slappy the Sea Lion
BD Wong, Bronson Pinchot
Family adventure in which five seven year olds on a field trip encounter a captive sea-lion and decide they must set him free – even if it means smuggling him on to their school bus. Text *1998, rating Sky PG, DS, 75 mins*

6.00 Wild America
Jonathan Taylor Thomas, Devon Sawa, Scott Bairstow
Exciting family adventure set in 1967 and based on the true experiences of three young brothers who grow up to become acclaimed nature film-makers. Armed with a 16mm camera, the boys set out to film the endangered species of America. *1997, rating Sky PG, 102 mins*

8.00 Ronin
Robert De Niro, Jean Reno, Natascha McElhone, Sean Bean
Thriller. A team of international special agents is hired to carry out a mysterious and highly dangerous mission which will endanger all of their lives – to steal a heavily guarded briefcase with its unknown, but top secret contents. *1998, rating Sky 15, 116 mins*

10.00 Blade
Wesley Snipes, Stephen Dorff
Adaptation of a comic book adventure. A half-vampire is on a mission to destroy every single one of the blood-sucking undead. When a rogue vampire puts in motion a crazed plan to bring permanent night to the world, he must be destroyed whatever the cost. Text *1998, rating Sky 18, DS, 115 mins*

12midnight Palmetto
Text *1998, rating Sky 15, 109 mins*
1.55am Live Flesh
Sex comedy. Widescreen *1997, rating Sky 18, 97 mins*
3.35 I Want You
Drama. Text *1998, rating Sky 18, DS, 84 mins*
5.05-6.25am
The Adventures of Slappy the Sea Lion
1998, rating Sky PG, DS, 75 mins

SKY MOVIEMAX
PREMIUM CHANNEL

6.20am Jules Verne's 800 Leagues Down the Amazon
1993, rating Sky PG, 83 mins
8.00 Wind Dancer
1993, rating Sky PG, 90 mins
9.45
National Lampoon's Golf Punks
1998, rating Sky U, DS, 89 mins
11.30
Into Thin Air: Death on Everest
Text *1997, rating Sky PG, 86 mins*
1.00pm Life's Little Struggles
1999, rating Sky PG, 86 mins
2.30 Wind Dancer
Mel Harris, Matt McCoy
The dramatic true story of a young girl who, having been badly injured in a horse riding accident, falls silent. Doctors refer her to a specialist who sends her to live on a ranch in the hope that the relationship forged between girl and horse will be therapeutic.
1993, rating Sky PG, 90 mins

4.30 Into Thin Air: Death on Everest
Peter Horton, Nathaniel Parker
Dramatic mountain movie telling the real-life tragedy of two groups of amateur mountaineers as they scale the world's most challenging peak. Text *1997, rating Sky PG, 86 mins*

6.00 National Lampoon's Golf Punks
Tom Arnold, James D Kirk
Comedy from the *National Lampoon* team. A coach responsible for teaching a bunch of misfit kids to play golf is determined to turn them into the cream of the crop. *1998, rating Sky U, DS, 89 mins*
7.35 UK Top Ten
The UK box office hits.
8.00 My Cousin Vinny
Joe Pesci, Marisa Tomei
Oscar-winning hit comedy. A loser lawyer must defend his young cousin who has been wrongly accused of murder. The lawyer needs to come up with a dynamite performance in court and save his relationship with his girlfriend, whose patience is running out. *1992, rating Sky 15, DS, 114 mins*
10.00 Lethal Weapon 3
Mel Gibson, Danny Glover, Joe Pesci, Rene Russo
Big budget action-thriller. The wise-cracking tough guys return for another all-action, ear-splitting adventure in pursuit of an ex-cop who has defected from the straight and narrow and set himself up as a crime lord running guns to cop-killers. *1992, rating Sky 15, DS, 116 mins*
12midnight Cobra
Sylvester Stallone, Brigitte Nielsen
1986, rating Sky 18, 83 mins
1.30am Guy
Text *1996, rating Sky 18, 90 mins*
3.05 Baby Comes Home
1980, rating Sky PG, 92 mins
4.45-6.15am
Life's Little Struggles
1999, rating Sky PG, 86 mins

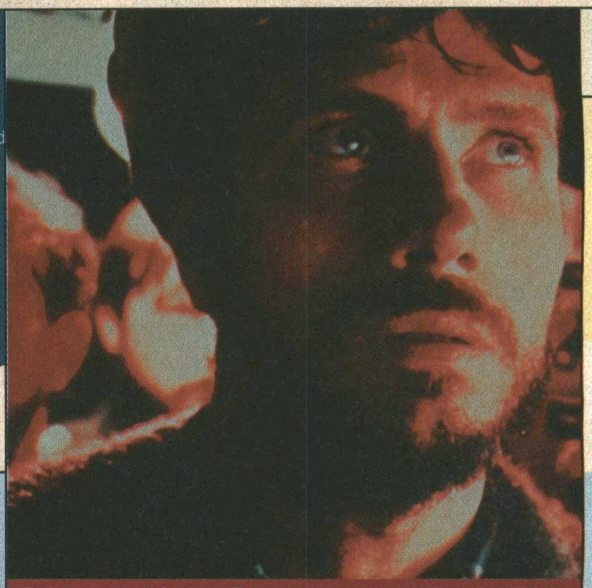
MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm Destroyer
Edward G Robinson, Glenn Ford, Regis Toomey, Edgar Buchanan
Wolrd War II adventure about a welder from the shipyards who returns to the Navy to serve on the destroyer that he had a hand in building. But the ship's crew does not take kindly to his constant and exacting search for perfection on board. *1943, rating Sky U, 95 mins*
6.00 Farewell to the King
Nick Nolte, Nigel Havers, Frank McRae, Gerry Lopez
Wartime adventure. An ex-US sergeant turns his back on the war effort to become king of a tribe of natives in the wilds of Borneo. His idyllic lifestyle is soon shattered when a British officer arrives and the tribe must fight against the Japanese. *1989, rating Sky PG, 112 mins*
8.00
All the President's Men
Robert Redford, Dustin Hoffman, Hal Holbrook, Martin Balsam
Gripping political thriller based on fact. Two *Washington Post* journalists search for the truth after they uncover a connection between the Watergate scandal and the White House. But, the truth could be more dangerous to uncover than they initially realise. *1976, rating Sky 15, 133 mins*
10.20 River's Edge
Crispin Glover, Keanu Reeves
Chilling drama based on real events. A teenager's best friend confesses that he murdered his girlfriend. As word spreads among the group of friends, they argue about whether or not they should turn the guilty boy in. *1987, rating Sky 18, 96 mins*

12midnight
Agatha Christie's Endless Night
British crime thriller. *1972, rating Sky 15, 95 mins*
1.45am Black Sunday
Thriller about a bomb plot. *1977, rating Sky 15, 137 mins*
4.10-6.00am Tender Mercies
Oscar-winning drama. *1983, rating Sky PG, 88 mins*



Sub mission: Jürgen Prochnow captains 'Das Boot' in the director's cut of the movie. Carlton Cinema 9.00pm

FILMFOUR
ADD-ON CHANNEL

6.00pm Short Attention Span Cinema
Kick off the weekend with two hours of the very best that's short and sweet in the film world. Short films, commercials and music videos sit alongside interviews, reports and insights into the often neglected world of short films. An exploratory look at the up-and-coming names who might be on everyone's lips next year.
8.00 Ed Wood
Johnny Depp, Martin Landau, Patricia Arquette
Oscar-winning black-and-white biopic about one of the the worst B-movie directors in Hollywood history. Eccentric, cross-dressing and never less than enthusiastic, Wood even managed to rope the ageing, drug-addicted horror movie star, Bela Lugosi, into his films to add a star name. Text *1994, rating 15, 121 mins*
10.10
Bram Stoker's Dracula
Gary Oldman, Keanu Reeves, Anthony Hopkins, Winona Ryder
Big budget adaptation of the 1897 gothic novel. The vampire count travels to England, believing a young Englishman's fiancée to be the reincarnation of his dead wife. As mysterious deaths and illnesses mount up, the count's presence is suspected. Text *1992, 122 mins*
12.20am Noir et Blanc
Relationship drama. *1986, 80 mins*
1.50 illtown
Drug-dealer drama. *1996, 98 mins*
3.30-6.00am Fist of Fury
Bruce Lee
Kung-fu thriller. *1972, 99 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm
Angel and the Badman
John Wayne, Gail Russell, Harey Carey, Bruce Cabot
Western. A Mormon family and their pretty daughter try to humanise a wounded gunslinger who crosses their path. But can their best arguments – or even a woman's touch – steer him away from from his chosen path of revenge? *1947, 100 mins*
9.00pm Das Boot – The Directors Cut
Jürgen Prochnow, Herbert Grönemeyer, Klaus Wennemann
Highly acclaimed German drama depicting life aboard a German hunter-killer U-boat stalking Allied ships. A German U-boat is on a mission during World War II. Based on a novel by Lothar-Guenther Buchheim. Black humour relieves the tension in one of the only sympathetic portrayals of German forces ever released into widescale distribution. *1981, 209 mins*

12.45am The Looking Glass War
John Le Carré thriller adaptation. *1969, 107 mins*
2.45 Double Trouble
Jewel heist thriller. *1991, 87 mins*
4.15 Dusty
Animal drama. *1982, 88 mins*
5.45-7.00am Hidden Hollywood
Documentary looking at great movie outtakes and deleted scenes.

MORNING

6.00 AM

3.00 PM

4.00 PM

5.00 PM

6.00 PM

7.00 PM

8.00 PM

9.00 PM

10.00 PM

11.00 PM

12.00 NIGHT TIME

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE PRINCE OF EGYPT
Rating U, 95 mins
Animated epic. Two young princes are brought up together, one will rule Egypt – the other will grow up to become one of the world's greatest heroes. Voices of Sandra Bullock and Ralph Fiennes.
T/C: Animation, biblical tale.
BL: None.
S/N: None.
V: Some mild biblical horror.
6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm

Channel 51 Evening

IN DREAMS
Rating 18, 96 mins
Thriller. An artist seems to have a mental link with a madman and is haunted by dreams of impending victims. Eventually she takes a frightening course of action. Stars Annette Bening and Aidan Quinn
T/C: Psychic thriller.
BL: Frequent, strong.
S/N: Infrequent, mild.
V: Frequent, strong horror.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

8MM
Rating 18, 119 mins
Thriller. A surveillance specialist is hired to find out the truth about a sordid video found in a dead man's effects. Stars Nicolas Cage, James Gandolfini and Joaquin Phoenix.
T/C: Thriller, snuff movies.
BL: Frequent, strong.
S/N: Frequent, strong, fetish.
V: Frequent, strong.
6.15pm, 8.30pm, 10.45pm, 1.00am, 3.15am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple attempts to recover from the effects of a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

Friday 7 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Count Duckula
6.30 Grimmy
7.00 Starship Troopers
7.30 Pokémon
8.00 Pokémon
8.30 Pokémon
9.00 The Oprah Winfrey Show
10.00 Jenny Jones
11.00 Sally Jessy Raphael
12noon Jenny Jones
1.00pm Sally Jessy Raphael
2.00 Jenny Jones

3.00 Count Duckula
Venice a Duck Not a Duck
3.30 Pokémon
The Crystal Onix
A mysterious message in a bottle leads the gang on an adventure.
4.00 Pokémon
In the Pink
A raging whirlpool whisks our heroes to a top-secret island.
4.30 Pokémon
Shell Shock
5.00 Star Trek: Voyager
The Raven
The beacon call of the Borg leads to a derelict ship and forgotten childhood memories begin to surface. Text
6.00 Early Edition
Lieutenant Hobson, US Navy
The adventurous commodities trader goes undercover as a Lieutenant in the navy to stop a deadly explosion.
7.00 The Simpsons
The Last Temptation of Krusty
Comic talent blooms. Text
7.30 The Simpsons
Dead Putting Society
Crazy golf causes stress. Text
8.00 The Best of Star Trek: Deep Space Nine
A Call to Arms/A Time to Stand
The continuing adventures of the Federation crew and allies on a space station at the edge of a galactic portal. The station is under Dominion and Cardassian attack – a powerful enemy alliance. Then, a secret mission gets underway in a ship captured from the Jem'Hadar. Text
10.00 Prickly Heat
The competition intensifies as the end draws near. Tears start to flow as the holidaymakers head for home after the experience of a lifetime. Text
11.00
Uncut! Miami Uncovered
Teeth, tans and super-bright colours mark the spot as Miami – Florida's constant sunshine city – gets uncovered.
12midnight
Star Trek: Voyager
The Raven
Borg memories return. Text
1.00am New York Undercover
Rules of Engagement
An ex-marine goes on a mission to clean-up the streets by killing those who kill others. Text
2.00-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Keeping Up Appearances
6.30 Birds of a Feather Text 7.05 Crossroads 7.30 Dynasty
8.25 EastEnders Text
9.00 The Bill Text
9.30 The Bill Text
10.00 The House of Eliott
11.00 Knots Landing
11.55 Neighbours
12.25pm EastEnders Text
1.00 Dangerfield
2.00 Knots Landing

3.00 The Bill
Strange Meeting
A boy goes missing after being seen with a sex offender. Text
3.30 The Bill
A Bitter Pill Text
4.00 EastEnders
Kathy considers her troubled relationship with Phil. Text
4.35 Neighbours
It's Father's Day and Julie drops a bombshell on Philip.
5.00 'Allo 'Allo!
The British airmen are stuck down a drain. Text
5.40 Bread
Carla Lane's popular sitcom about a Liverpool family. Text
6.20 The Brittas Empire
Biggles Tells a Lie
As Brittas takes a day off, the deputy managers take over at the leisure centre. Can they be worse than their manic boss?
7.00 Just Good Friends
Bittersweet sitcom about a rekindled romance.
7.40
Keeping Up Appearances
Going to an exclusive auction could cost rather a lot of money.
8.20 Birds of a Feather
On the Glass
Selling double-glazing brings in money for the girls but Dorien's vicious side emerges. Text
9.00
One Foot in the Grave
The Exterminating Angel
An unlikely love affair is encouraged. Text
9.40 Jonathan Creek
Ghost's Forge
The illusionist investigates the seemingly motiveless murder of an elderly hermit. Text
10.45 The Thin Blue Line
Road Rage
Sitcom set in a police station under inept command. Text
11.25 The Bill
Strange Meeting Text
11.55 The Bill
A Bitter Pill Text
12.30am
One Foot in the Grave Text
1.10 Jonathan Creek Text
2.10 EastEnders Text
2.45 This Life Text
3.35 Going Straight
4.10 Going Straight
4.45
Monty Python's Flying Circus
5.25-6.00am The Brittas Empire

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Can't Cook, Won't Cook
7.00 Tiny Living 9.00 Shopping across the UK 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget
11.40 Maury Povich
12.30pm Special Babies
1.00 Family Confidential
1.30 Judge Judy
2.00 Streetmate
2.30 Maury Povich
Compelling and personal talk show dealing with emotional conflicts.

3.20 Relationship SOS
Advice for people who need to revamp their relationships.
3.50 Forgive or Forget
Host Mother Love deals with real problems in a variety of relationships. She gives guests the chance to forgive each other.
4.40 Oh Baby
US sitcom about an independent and successful single mother.
5.05 Streetmate
Davina McCall scours the country pairing up single people.
5.35 Ready, Steady, Cook
Top chefs compete against the clock to create exciting recipes.
6.10
The Jerry Springer Show
Outrageous American talk show with heated discussion about relationship and lifestyle issues.
7.00 Judge Judy
The New York City family court judge presides over real cases.
7.30 Will and Grace
Sitcom about a straight woman and a gay man sharing a flat.
8.00 Charmed
Drama series about three sisters who move into a house left to them by their grandmother – only to find they have inherited her powers of witchcraft as well.
9.00 Profiler
Suspense thriller series about a forensic psychologist. With a gift for understanding the criminal mind, she uses it to try and stay one step ahead of them.
10.00
FILM: The Abduction
Victoria Principal, Robert Hays
Thriller about a woman who is trapped in a snowstorm at the mercy of her demented ex-husband. *1996*

11.50-12midnight
Sex Bites
Raunchy late-night fun with Katrina Buchanan.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 The Lovers 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Bless This House 2.00 Hawaii Five-0

3.00 Boon
A Once Fluid Man
Comedy drama series. An old flame from the police force turns up unexpectedly at an aerobics class. With Michael Elphick.
4.00 Kojak
Sister Maria
A nun is nurturing a strong sense of vengeance against a powerful airline executive whom she holds responsible for her sister's death.
5.00 Hart to Hart
You Made Me Kill You
Crime thriller series. A deranged girl, who is working for Jonathan, develops a potentially lethal crush on him.
6.00 Emmerdale
Zoe takes control when Linda leaves home. Text
6.30
Classic Coronation Street
It's Jack 's birthday. Text
7.00 Sorry!
Every Clown
Wants to Play Hamlet
7.30 Bless This House
Remember Me?
Sid is cash-rich from a bonus.
8.00 Boon
Charity Begins at Home
A shady character helps to organise a charity ball and runs off with the proceeds, attracting an investigative journalist's interest.
9.00 Kojak
The Queen of Hearts is Wild
A mobster's terrified girlfriend is a key witness to a cop's murder.
10.00 Hale and Pace
10.30-11.00pm
The Comedians

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Strippers
Fly-on-the-wall series on lap dancing and stripping in the UK.
11.30 Sin City
The search for Europe's most outrageous sinners continues.
12midnight Sex TV
A late-night series which goes under the covers of adult movies.
12.30am Girls on Film
Cancun Bikini Bash
1.00 E! Wild On...
The Alps
This edition looks at the party hotspots in the European Alps.
1.50-2.00am Wicked Willie

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Classic Toons 10.40 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Classic Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
The undersea adventures of the beautiful mermaid. Text
3.30 Sabrina
Animated series. Text
3.55 Art Attack
The award-winning innovative art show which proves that anyone can be an artist. Text
4.30 Recess
Animated series from the creators of *Rugrats*.
5.00 Miami 7
Top pop band S Club 7 star as themselves in this hit TV series set in Florida. Text
5.30 Smart Guy
High school comedy. Text
6.00 Boy Meets World
And in Case I Don't See Ya
A student TV show becomes almost too popular. Text
6.30 Microsoap
Fun-filled kids' sitcom. Text
7.00 FILM: Peter Pan
Voice of Bobby Driscoll
Animated version of J. Barrie's magical story about the Lost Boy who never grew up. A journey to Never Never Land featuring well-known songs. Text *1953*
8.20 Honey, I Shrunk the Kids: The TV Show
Honey, We're Young at Heart
A youth-restoring invention works too well. Text
9.00 Flipper
Marine adventure with TV's most famous dolphin. Text
9.45 Dinosaurs
Prehistoric animatronics from the Jim Henson Studio. Text
10.10 Home Improvement
Comedy double bill. Text
11.00
Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

FRIDAY CONTINUES OVERLEAF...

6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

CABLE CHOICE

FILM

Das Boot: The Director's Cut
Carlton Cinema 9.00pm

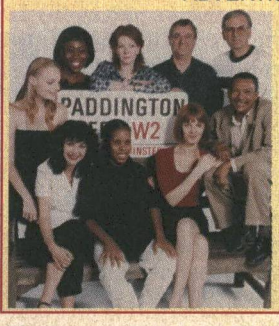
Forget *Crimson Tide*, *The Hunt for Red October* and *U-571*, this epic drama set aboard a German U-boat is the definitive submarine movie. Director Wolfgang Petersen brilliantly evokes the sense of claustrophobia, boredom and sitting-duck danger of life aboard such a vessel.

GENERAL

Ellen
Paramount Comedy Channel 8.00pm

The highlight of a Carrie Fisher trilogy sees the *Star Wars* actress featured in this cult comedy series. When Paige arranges for a movie shoot in Ellen's bookstore, it turns out to be Fisher's film and she's called upon to use 'the force' to heal a rift between Ellen and Paige.

ADVERTISEMENT UK HORIZONS



PADDINGTON GREEN
9.00PM

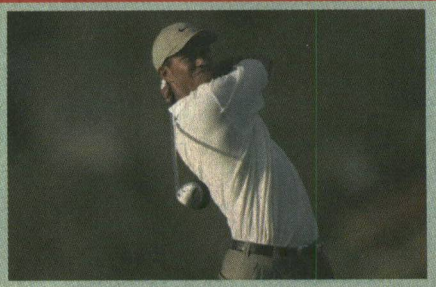
Ross Kemp narrates this fascinating series that looks at the loves, lives and loathings of the people of Paddington Green in London's West End. Among the characters who have become household names is Jackie McAuliffe, a transsexual prostitute.

Friday 7 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
MORNING						
6.00 AM	**7.00am Swimming – LIVE** European Championship action from Helsinki. **8.00 Cycling** **9.00 Golf** **10.00 Swimming** **11.00 Racing Line** **12noon Motocross** **12.30pm Motorcycling – LIVE** **1.00 Motorcycling – LIVE** **2.00 Motorcycling – LIVE**	**7.00am Sky Sports Centre** **7.15 Saloon Car Championship: National Championships 7.45 Formula Palmer Audi 8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Trans World Sport 10.30 Euro Tour Golf: Smurfit European Open – LIVE 1.30pm Golf Auction Preview** **2.00 Trans World Sport**	**7.00am Aerobics Oz Style** **7.30 Sky Sports Centre 7.45 Racing News 8.15 Rugby Union Classics – England v New Zealand 8.30 Ford Golf USA: Advil Western Open 10.30 Tight Lines 11.30 Gaelic Games 12.30pm Saloon Car Championship** **1.00 Formula Palmer Audi** **1.30 FIFA TV** **2.00 World Pool Championships – LIVE** Live action from the World Pool Championships, at the Cardiff International Arena, as it enters the last 16 stage.	**12noon Trans World Sport** A round-up of sports events and competitions from across the globe. **1.00pm Tight Lines** **2.00 Gaelic Games** Action from the Gaelic Games, where the disciplines of Gaelic football and hurling are played out before thousands at a variety of ultra-modern stadia.	**8.00am** **Battlestar Galactica** **9.00 Land of the Giants** **10.00 Swamp Thing** **10.30 Swamp Thing** **11.00** **The Six Million Dollar Man** **12noon Babylon 5** **1.00pm Amazing Stories** **1.30 Amazing Stories** *Ghost Train* **2.00 Battlestar Galactica**	**6.00am Select MTV** **8.00 MTV Hits** **9.00 Bytesize MTV** Highlights from MTV stations around the world. **12noon MTV Hits** **12.30pm Daily Edition** Showbiz and music industry news as it breaks in Europe. **1.00 MTV Hits** The hit tracks of the moment and a number of exclusives.
3.00 PM	**3.15 Cycling – LIVE** The latest action from the Tour de France as the cyclists tackle the 192km Limoges stage, where the last winner was Lance Armstrong in 1995.	**3.00 Euro Tour Golf: Smurfit European Open – LIVE** The action continues on day two with the players on the Euro Tour aiming to make the cut and progress into the third round of this year's competition, held at the K Club in Dublin.		**3.00 Formula Palmer Audi** Motor racing. **3.30 Watersports World** A guide to watersports, with exclusive footage, interviews and news. **4.30 Trans World Sport** An hour-long look into the latest happenings in the world of sport.	**3.00 Sightings** Extraordinary real-life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.	**3.00 Bytesize MTV** Highlights from different MTV stations around the world, in short soundbites.
4.00 PM					**4.00 Land of the Giants** *The Golden Cage* Mark is nearly tricked into betraying his friends by a Lorelei-like girl.	**4.00 Select MTV** MTV's interactive jukebox. Call the special number, select your video from the 75 tracks on the on-screen menu, and presenter Kelly Brook will play it.
5.00 PM	**5.00 Swimming** European Championships in Helsinki, Finland. Today's races include the finals of the men's 1500m freestyle, women's 100m backstroke, men's 200m freestyle, women's 50m breaststroke, men's 50m breaststroke and women's 100m butterfly.		**5.30 Formula Palmer Audi** Motor racing action from Donington and Snetterton.	**5.30 Futbol Mundial** A review of all the action from the world of football, including matches from Serie A and Bundesliga.	**5.00 Swamp Thing** *Mist Demeanor* A cloud threatens the town. **5.30 Swamp Thing** *Nightmare on Jackson Street*	
6.00 PM		**6.00 Sky Sports Centre** **6.30 Sports Auction: Golf Auction Preview**	**6.00 Extreme Sailing** The most breathtaking world sailing action. **6.30 Moto Plus** News and features on the very latest auto action.	**6.00 Inside the Senior PGA Tour** A look at life behind the scenes on the Tour. **6.30 The Winning Post: Haydock/ Salisbury – LIVE** The latest horse racing action from the evening's meetings at Haydock and Salisbury.	**6.00 The Six Million Dollar Man** *The Peeping Blond* A television newswoman and the bionic man are kidnapped in a desert.	**6.00 Bytesize MTV** Highlights from different MTV stations around the world, in short soundbites.
7.00 PM	**7.00 CART** Action from the FedEx Championship Series in Cleveland, Ohio.	**7.00 Super League – LIVE** Eddie Hemmings and Mike Stephenson present the live rugby league action from the Tetley's Bitter Super League V.	**7.00 World Pool Championships – LIVE** The live action continues from Cardiff International Arena with coverage of the second session on day seven of the World Pool Championships.		**7.00 Amazing Stories** *Miss Stardust* A beauty contest with outer-space contestants. **7.30 Cybernet** Computer game news.	**7.00 MTV Hits** The hit tracks of the moment from the UK charts, and a number of MTV exclusives.
8.00 PM	**8.00 Boxing** Another world class international contest.				**8.00 Quantum Leap** *Play Ball* Sam has to ease a minor league baseball player into the big time – and prevent his premature death.	
9.00 PM	**9.00 Cycling** An hour of highlights from today's stage of the Tour de France including reactions, interviews and statistics.	**9.30 World Wrestling Federation: Late Night – Raw** Jim Ross, Kevin Kelly and Michael Cole report on the latest action and adventure from the World Wrestling Federation circuit. Classic matches and celebrity guests make this show an unmissable one for all grappling fans. **11.30 Sky Sports Centre** The latest sports news. **12midnight Super League** **2.00am World Wrestling Federation: Late Night – Raw** **4.00-6.00am Super League**		**9.00 Ford Golf USA: Advil Western Open – LIVE** Action from the second day's play as Tiger Woods defends his Advil Western Open title at the Cog Hill Golf & Country Club in Lemont, Illinois.	**9.00 The Hunger** *The Swords* A lonely American is lured into a nightclub by a poster. **9.30 The Hunger** *Ménage à Trois*	**9.00 Weekend Edition** The top showbiz stories from the last week. **9.30 Celebrity Death Match**
10.00 PM	**10.00 SportsCentre** The latest sports news. **10.15 Swimming** Highlights of today's action at the European Championships in Helsinki.		**10.30 Sky Sports Centre** A round-up of the latest news in the world of sport.		**10.00 FILM: Bad Dreams** *Jennifer Rubin, Bruce Abbot, Harris Yulin* A girl wakes after a 20-year coma to find that a hippie guru is trying to claim her soul. *1988* **11.35 Sci-Focus Special** A look behind the scenes of a sci-fi blockbuster. **12midnight FILM: Prom Night** *Jamie Lee Curtis* Four teens are hunted down by a vengeful killer. *1980* **1.40am Sci-Focus Special** **2.00 Cybernet** **2.30 100 Years of Horror** **3.00-4.00am Babylon 5**	**10.00 The Tom Green Show** Comedy out on the streets. **10.30 Loveline USA** Dr Drew and Adam Carolla tackle agony calls.
11.00 PM	**11.15 Motorcycling** Highlights of today's qualifying practices in the British Grand Prix, held at Donington Park.		**11.00 Euro Tour Golf: Smurfit European Open** Find out which players are lucky enough to progress to the third round at the K Club in Dublin on day two of this year's Smurfit European Open. **1.30am Ford Golf USA: Advil Western Open** **3.30 Sky Sports Centre** **4.00 Watersports World** **5.00 Extreme Sailing** **5.30-6.00am Wild Spirits**	**11.00 Gillette World Sport Special** A look at alternative sports from across the globe. **11.30-12midnight Moto Plus**		**11.00 Beavis and Butt-head** Back-to-back episodes of the cult animation series about two hopeless slackers that shot to worldwide fame on MTV. **1.00am MTV Dance Floor Chart Show** The top tunes hitting the dance floors across the UK, with June Sarpong. **2.00-6.00am Night Videos** MTV music videos right through the night.
NIGHT TIME 12.00	**12.15am-12.30am Sportscentre**					

LIVE FORD GOLF USA: ADVIL WESTERN OPEN SKY SPORTS 3 9.00PM

The $3m Advil Western Open is yet another title belonging to the irrepressible Tiger Woods (pictured) who by the end of this May had already won four tournaments. Day two at the Cog Hill Golf & Country Club in Lemont, Illinois, sees the top players on the US PGA Tour battling to make the weekend cut – and don't expect the 24-year-old Woods to be anywhere other than among the leaders. As always, the world number one is hot favourite to win the $540,000 first prize.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Playmate of the Year 11.15 Compromising Positions 12midnight Freeview 12.12am Twins Behaving Badly 12.35 Best of Wanna Be a Porn Star? 1.20 FILM: Femme Covert 2.35 New Model File 3.00-4.00am FILM: Tommyknockers

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight Preview 12.10am Stripper of the Year 12.20 The Omar Show 12.45 FILM: Millennium 1.00 Freeview 1.05 FILM continues 2.00 Freeview 2.05 Adult Feature 2.30 FILM: Dance Naked 3.40-4.00am Women in Uniform

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Friday 7 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon Behind the Music: Shania Twain
1.00pm Greatest Hits: Celine Dion
1.30 Pop-Up Video
2.00 VH1 Divas 2000
Another chance to see the soul divas of the millennium in a special concert from Madison Square Gardens in New York City. Diana Ross, Mariah Carey, Donna Summer and Destiny's Child take the stage.

4.00 Talk Music
Mark Ellen and Pip Dann with music news and live acts in the studio.
4.30 Greatest Hits: Aretha Franklin
5.00 Ten of the Best: Whitney Houston
The American singer picks her ten favourite music videos of all time.

6.00
It's the Weekend with Jules and Gideon
Featuring live music performances and viewer competitions.
7.00 Ed Sullivan's Rock'n'Roll Classics
A classic edition of the live music show.
7.30 Greatest Hits: Celine Dion
8.00
The Men Strike Back
Sting, Tom Jones, the Backstreet Boys, D'Angelo, Sisqo, Christina Aguillera and Enrique Iglesias in concert.

10.00 Behind the Music: Shania Twain
The story of the country music sensation who rocketed into the charts with *You're Still the One*.
11.00 Storytellers: The Bee Gees
The Gibbs play live and tell the stories behind their songs.

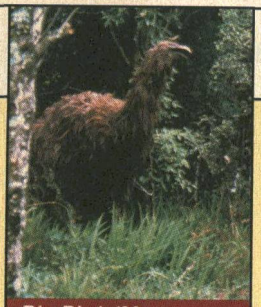
12midnight
The Friday Rock Show
2.00am
AC/DC Uncut
A TV session recorded live by the rock band AC/DC.
3.00-6.00am
VH1 Late Shift
Music through the night.

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Australia – Red Center
Encounters with honey ants and the death adder.
1.00 Zoo Chronicles
1.30 Zoo Chronicles
2.00 Pet Rescue
2.30 Kratt's Creatures
Giant Bug Invasion
A look at the lives of bugs.

3.00 Woof!
It's a Dog's Life
Training tips from dog trainer Matthew Margolis.
3.30 Woof!
It's a Dog's Life
4.00 Animal Planet Unleashed
Howie assists with a vet's open surgery.
4.30 Croc Files
Australian wildlife series.
5.00 Pet Rescue
Animal rescue stories from the RSPCA.
5.30 Going Wild with Jeff Corwin
Australia – Queensland
6.00 The Aquanauts
A look at a chain mail suit for professional divers interacting with sharks.
6.30 Croc Files
Australian wildlife series.
7.00 Families
Zebras
How young stallions select the females that will make up their harem and how the females work together.
8.00 Wild Rescues
Unusual and heroic stories about people and animals protecting each other and living in harmony.
8.30 Wild Rescues
9.00 Crocodile Hunter
Island in Time
Dingos, goannas, brumbies and underwater life on Fraser Island.
10.00 Killer Instinct
First of a two-part look at the struggle of wild animals at the top of the food chain who must kill to live.
11.00 Vet School
Series about students at Cambridge University's veterinary school.
11.30-12midnight Vet School

CABLE CHECK
Some of the channels listed may not be available in your area



Big Bird: 'Mystery: The Mighty Moa'. National Geographic Channel 10.00pm

ITV2
ACCESS PACK

4.00pm Trisha
Heartwarming and hair-raising stories in a double bill of the chat show with Trisha Goddard and a studio audience. Text
6.00 The Extremists
6.30 Best and Worst
7.00 Amazing Games
7.30 ISKA Karate
8.00 Sunset Beach
Glitzy, beach-set drama. Del discovers Annie has tried to embezzle money from him.
8.50 Chart Choice
9.00 The Last Train
Sci-fi drama series. A group of train passengers struggle in the aftermath of a meteorite's collision with the Earth. Text
10.00
Coronation Street
Tonight's episode of the hit soap from ITV. Text
10.30 Nuts and Bolts
Drama about life in Wales.
11.00 The Jerry Springer Show
Outrageous revelations and confrontations.
11.50 Late Show with David Letterman
Top-rated US chat show.
12.40am Freaky Stories
Ghoulish animations.
12.50 Board Wild
Snow and skateboarding, windsurfing and surfing.
1.20-1.50am
Planet Rock Profiles

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style
8.00 Ready, Steady, Cook
8.30 Can't Cook, Won't Cook
9.00 Our House 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 How Does Your Wallpaper Hang? 12noon Big Strong Girls 12.30pm Style Challenge
1.00 Fresh Food
1.30 Ready, Steady, Cook
2.00 Charlie's Garden Army
2.30 Home Front in the Garden

3.00 Learn to Garden with Stefan Buczacki
Skills for the new gardener.
3.30
Gardeners' World
Gardening magazine.
4.00 Stefan's Garden Roadshow
The advice roadshow.
4.30 Around the World in 90 Days
Hawaii and Vancouver
5.00 Can't Cook, Won't Cook
Youth cookery challenge.
5.30 Changing Rooms Down Under
Interior design makeovers.
6.00
Antiques Roadshow
Cannock
Members of the public in Cannock, Staffordshire bring in their antiques.
7.00 Real Rooms
Leeds Bedroom
Decorating experts refresh tired or problem rooms.
7.30 Change That
Interior design roadshow.
8.00 Style Challenge
Stylists give people the makeover of their dreams.
8.30 Antiques Treasure Trail
Advice on buying antiques.
9.00 Ground Force
Bromley
The team creates a garden at a Fire Station.
9.30 Dream House
Building a hi-tech home.
10.00
Changing Rooms
The original interior design challenge with Carol Smillie.
10.30 House Invaders
Caversham
11.00 How Does Your Garden Grow?
Top gardeners work on the horticultural problems of the day and hold one-to-one consultations.
12midnight Garden Magic
Toby Buckland and Lisa Davis offer instant solutions to gardening dilemmas.
12.30am-1.00am
Stefan's Garden Roadshow
Professor Stefan Buczacki offers help and advice on gardening dilemmas.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Bookie 7.50 Devilfish 8.20 Chimpanzee Diary 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.20 Planet Hunters 11.15 Shark Encounters 12.15pm Chimpanzee Diary 12.45 City Hospital 1.45 Dream House 2.15 Dream Wheels 2.45 The Bookie
How a small independent bookmakers like Barry Dennis have to compete with corporate giants.

3.45
Vets to the Rescue
Stories of pets in need with vet Trude Mostue.
4.20 Vets in Practice
Birthdays Text
4.50 Animal Hospital
Rolf Harris visits the RSPCA Harmsworth Hospital.
5.25
Back to the Floor
Running Water
Bosses go back to the floor.
5.55 City Hospital
6.00 Full Circle with Michael Palin
Japan and Korea
Michael stands on the site of the Nagasaki bomb.
6.55 The Air Show
The aviation magazine presented by Hazel Irvine. David Gower reports on executive jets.
7.25 Disaster
Atlantic
8.00 Vets in Practice
Birthdays
Re-visiting the vets. Text
8.30
Back to the Floor
Running Water
9.00
Paddington Green
Documentary series about the residents of Paddington.
9.35 Road Rage
Why ordinary people become raging beasts when they get behind the wheel of a car.
10.40 Billy Connolly's World Tour of Australia
Billy swims with dolphins.
11.30 Secrets of the Paranormal
Ghost Rescue
12midnight-1.00am
Taxicab Confessions

UK PLAY:
1.00am The Joy of Decks
2.15 Uncut Funk
3.00 Mark and Lard's Pop Upstairs Downstairs
3.30 Bod
3.45-7.00am
The Joy of Decks

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Seasonal Kitchen 7.30 Coxon's Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 A Year at Ballymaloe 9.30 Ideal Home Cooks 10.00 Caribbean Light 10.30 Simply Baking 11.00 Slice of the Action 11.30 Newman Meets 12noon Scotland's Larder 12.30pm Peter Gordon's Pacific Food 1.00 Coxon's Kitchen College 1.30 Perfect Pasta 2.00 Food Network Daily 2.45 Quick Cooks

3.00 A Year at Ballymaloe
A loin of bacon recipe.
3.30 Tessa Bramley's Seasonal Kitchen
Sea trout with chive sauce.
4.00 Simply Baking
Cookies
4.30
Ideal Home Cooks
An updated version of bangers and mash.
5.00 Superchefs
5.30
Scotland's Larder
6.00 Coxon's Kitchen College
6.30-7.00pm Peter Gordon's Pacific Food

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
The Human Impact
Australian wildlife and the threat caused by human beings when Europeans arrived on the continent.
8.00
China's Frozen Desert
How a wealthy Buddhist kingdom from the fifth and sixth centuries was rediscovered in 1902.
9.00
Kidnapped by UFOs
Why, in recent years, have thousands of Americans come forward with reports of alien abductions?
10.00 Mystery: The Mighty Moa
This programme travels to New Zealand and goes in search of the largest bird on Earth, the moa.
11.00 Realm of the Great White Bear
This programme follows the polar bears of Svalbard through a season in this Arctic wasteland.
12midnight-1.00am
Ghosts of Ruby
The story of an old silver-mining town in Arizona and the effect it has had on both humans and animals in the surrounding area.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
7.30 Winner Takes All
8.00 Gladiators
Super-fit members of the public challenge the legendary Gladiators.
9.00 Whittle
9.30 Strike It Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
Matthew Kelly introduces the amateurs who become stars.
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am
Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Grassroots 7.00 The Great Gardening Plot 7.30 The Close Guide 8.00 How to with B & Q 8.05 These Four Walls 8.35 Hot Property 9.05 The Joy of Painting 9.35 Grassroots 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country 11.10 Our House 11.40 Home Savvy 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 The New Yankee Workshop 1.45 Home Again with Bob Vila 2.15 How to with B & Q 2.20 The House Doctor 2.50 Village Green 3.20 Rex Hunt Fishing Adventures
3.50-4.00pm
How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Chilli Factor
10.30 Mountain Bikes
11.00 That Film Show
11.30 Adrenalize
12noon World Wind Surf
12.30pm Byte Me
1.00 Trainspotters 99
2.00 High Adrenalin Action
2.30 Ibiza 2000
3.00 Chilli Factor
3.30 Adrenalize
4.00 Surf Film
5.00 That Film Show
5.30-6.00pm Adrenalize

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
6.30 What's On TV
***London area:**
Blue Tomorrow
Chelsea FC fanzine.
***Derby area: Vision Rams**
Derby County FC fanzine.
7.00 LLTV – Local Life
7.30 YCTV
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm
LLTV – Local Life
* Repeated Saturday 9.30am

Friday 7 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

3.00 PM

3.00
Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30
Dexter's Laboratory
4.00
The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Johnny Bravo
The bequiffed egomaniac returns for more preening and posturing.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Hang out with the cavemen behaving badly in Bedrock.
7.00 Scooby-Doo
Another spooky mystery.
7.30 Looney Tunes
8.00
Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

NICKELODEON
FAMILY PACK

7.00am Rugrats 7.30 Kenan and Kel 8.00 Sabrina the Teenage Witch 8.30 Hey Arnold! 9.00 Arthur 9.30 Fraggle Rock 10.00 The Magic School Bus 10.30 Bananas in Pyjamas 11.00 Babar 11.30 Arthur 12noon Thomas the Tank Engine 12.30pm Blue's Clues 1.00 Rugrats 1.30 Noah's Island 2.00 Babar 2.30 Mona the Vampire

3.00
The Wild Thornberrys
3.30 Rugrats
Fun with the tousle-headed nippers and their over-fertile imaginations.
4.00 Hey Arnold!
More adventures with the kid with the cool quiff.
4.30 Two of a Kind
Another bout of fun and frolics with the twins.
5.00 Sabrina the Teenage Witch
5.30 Kenan and Kel
The adventures of two funky friends.
6.00 Sister Sister
6.30-7.00pm Are You Afraid of the Dark?

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

3.00 Diabolik
Fun with the cool cat.
3.25
Woody Woodpecker
3.35 Sailor Moon
Cult Japanese cartoon.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50
Mad Jack the Pirate
5.00
Monster Rancher
5.20
Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Pinnacle 1.15 Asian 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Europe 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View11.30 Moneyline 12.30am Showbiz 1.00 News Americas 1.30 Europe 2.00 Larry King .30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 Answer the Question 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Answer the Question 4.30 Week in Review 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Fête des Bébés 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Des Trains Pas Commes les Autres 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Fort en Tête 2.15 C'est Mon Choix 3.00 Journal 3.15 Questions 3.30 Les Carnets du Bourlingueur 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal 7.30 Journal Télévisé et Le Journal du Temps 8.00 Infos 8.05 Diva 9.00 Journal 9.15 Cinema: Parlez-Moi D'Amour 11.00 Journal du Tour 11.30 Infos 11.35-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Juke Box 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Rajni 12.30pm Baaje Payal 1.00 Swabimaan 1.30 FILM 4.00 Jaldi Jaldi 4.30 Juke Box 5.00 Agar 6.00 Tiger 6.30 Asianet Legal Live 7.15 Swabimaan 7.40 News 8.00 Aarzoo 8.30 Dard 9.00 FILM 11.30 News 12midnight MTV Fresh 12.30am Videocon Flashback 1.00 FILM 4.00 Music Box 4.30 Dard 5.00 MTV 123 6.00 Jaldi Jaldi 6.30 DD Programme 7.00-7.30am DD Programme

ZEE TV
ADD-ON CHANNEL

6.00am Aahaa 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Islam 7.30 Daily News 7.50 Tips Tops 8.00 Pakistan News Link 8.30 Tara 9.00 Do Aur Do Paanch 9.30 Raahein 10.00 Deewangi 11.00 Zaike Ka Safar 11.30 Making of a Legend 12noon FILM 3.00pm Iffat's Fashion Magazine 3.30 Chalo Cinema 4.00 Raahat 4.30 Aashiqui 5.00 Choti Choti Baatein 5.30 Amanat 6.00 Hip Hip Hurray 6.30 Professor Pyarelal 7.00 Net Asia Up Beat 7.30 Entertainment Express 8.00 News Bulletin 8.30 Muskan 9.00 Alvida Darling 9.30 Mehendi Tere Naam Ki 10.00 Thriller at 10 10.30 The X Zone 11.30 Kasak 12midnight Punjabi News 12.15am News 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Commander 5.30-6.00am Flu

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am 700 Club 5.30 Andrew Wommack 6.00 Good News 7.00 Changing Your World 7.30 Believers' Voice of Victory 8.00 This Is Your Day 8.10 Behind the Screens 8.40 Thought for the Day 9.00 Life in the Word 9.30 The Messenger 10.00 Winning Ways 10.30-11.00am CMTV

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.30 Wall Street Report 3.00 Tokyo Live 3.30 Wall Street Report 4.45 Clarke's Chronicle 5.00 Tokyo Live 5.05-6.00am US Market Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30 House of Commons 3.00pm House of Lords 11.00 The Record 11.30-12midnight The Point

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM

4.00pm Rex Hunt Fishing Adventures
Rex goes fishing on the Goulbourn River.
4.30 Discovery Today
Science magazine.

5.00 PM

5.00
Disappearing World
Meet the Mehinaku of Brazil, a tribal leader in Papua New Guinea and an ancient tribe from Laos.

6.00 PM

6.00 Hunters
The Deadly Game
Discover how predation is one of nature's basic principles with a long and distinguished pedigree.

7.00 PM

7.00
Wonders of Weather
Mystery of Fog
7.30 Discovery Today
A look ahead to the coming week's highlights.

8.00 PM

8.00 Jurassica
Valley of the Uglies
A look at the ongoing controversy about one of the most popular dinosaurs – the brontosaurus.

9.00 PM

9.00 The Quest
Visiting the Vampire
The ship anchors 20 miles off the coast of Belize on one of the world's largest barrier reefs, Turneffe Atoll.

10.00 PM

10.00 Extreme Surfing
Hear the story of a small group of surfers and their quest to ride the most spectacular waves that the oceans have to offer.

11.00 PM

11.00
Wings of Tomorrow
Air Dominance
See some of the fastest and most advanced fighter aircraft in development.

12.00 NIGHT TIME

12midnight Time Team
Mallorca
The team seeks out evidence of one of the world's most enigmatic cultures on Mallorca.
1.00am Great Escapes
The Men Who Fell to Earth
1.30-2.00am
Discovery Today

TCM
FAMILY PACK

9.00pm FILM: Dogfight
River Phoenix, Lili Taylor
Comedy drama. Romance unexpectedly blossoms when, on the eve of their Vietnam service, a group of draftees compete to find the least attractive date to bring to a party. *1991*
10.45-1.00am
FILM: Boys' Night Out
Kim Novak, James Garner
Comedy. Three men try to set themselves up with a mistress – unaware that she is a sociologist. *1962*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Ellen
Movie Show
8.30 Just Shoot Me
In Your Dreams
Maya is appalled at her ID photograph.
9.00 Married... With Children
Raingirl
9.30 30 Years of Python – A Revelation
Unseen footage.
10.00
FILM: The Adventures of Baron Munchausen
John Neville, Eric Idle, Robin Williams
Epic fantasy comedy chronicling the outlandish adventures of the eponymous aristocrat and a motley band of followers as they attempt to save a town from defeat by the Turks. *1988*
12.25am Monty Python Live at the Hollywood Bowl
1.55 NewsRadio
2.20 Rex the Runt
2.30 Encore Encore!
3.00
It's Garry Shandling's Show
3.30-4.00am
Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection 7.00 Entertainment Shop! 8.00 Holiday Shop! Items for the holidaymaker. 8.30 Jewellery Shop! An extensive range of jewellery ideas. 5.00pm Shop! Sale Selection A round-up of all the best-selling sale items. 6.00 Jewellery Shop! Find that finishing touch with a special piece from *Shop!*'s range of jewellery. 7.00-7.30pm Home Shop! View horticultural equipment and hear expert advice in this garden special.

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows. Saturdays: The best of the week and children's programming. Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart*.

THE HISTORY CHANNEL
WORLD PACK

12noon
Africa: A History Denied
12.55pm
Photos for the Future II
1.00 The Lusitania
Seek and Destroy
2.00 Biography
Anthony Quinn
3.00 Spies
Hitler's Spies in America
3.30 Victory at Sea
Return of the Allies
4.00 Bomber Group
5.00 Schooners
6.00 Lost Civilisations
Tibet: The End of Time
6.55 Photos for the Future II
7.00 The Lusitania
Murder on the Atlantic
8.00 Biography
The Dalai Lama
The story of Tenzin Gyatso.
9.00
Great Crimes and Trials
The Yorkshire Ripper
9.30-10.00pm
Great Crimes and Trials
The Hammersmith Murders

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

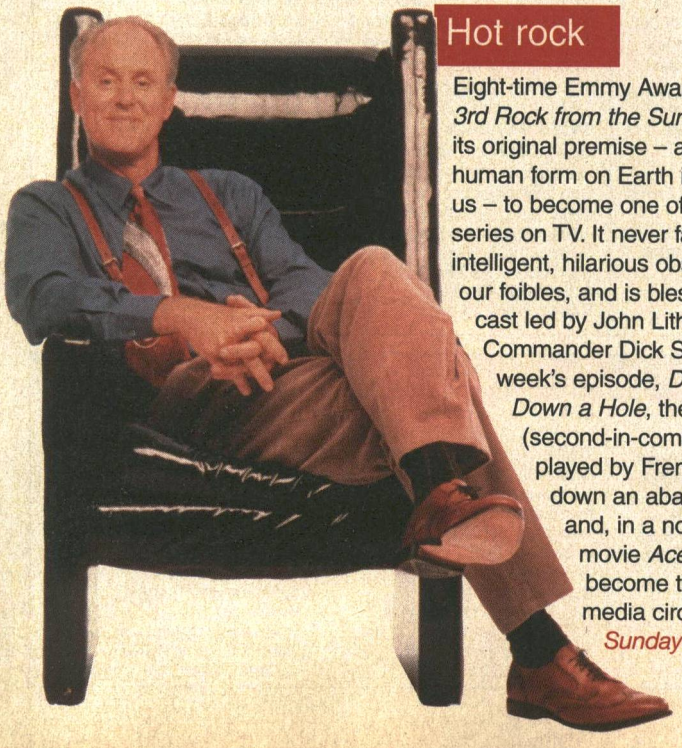
QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion at 5.00pm.

Week 2

Saturday 8th July-Friday 14th July

Chan the man

Veteran Hong Kong action icon Jackie Chan attacks every role with reckless physical abandon. And it is his unflagging energy that propels *Jackie Chan's Who Am I?*, which, while it doesn't rank alongside upper-register Chan offerings, is still loaded with the sort of incredible set-pieces Hollywood action movies can only aspire to. But then Chan has no equal in Western cinema. He will fearlessly court death for the sake of his art and his acrobatic stuntwork is legendary. An obsessive, committed film-maker, driven to perfection, Chan demands only the most thrilling set-pieces for his movies, whatever the cost to his body. Now aged 46, Chan still amazes as an action man of volcanic, inspirational talent. Though the film is lightened by humour, such as Chan fighting in a pair of clogs, he eschews the broad, slapstick comedy which usually characterises his films (he's an admirer of silent stars Charlie Chaplin and Buster Keaton) to deliver a serious performance. And he copes with the dramatic challenge admirably. He plays a secret agent who falls from a plane over South Africa after he and his fellow operatives have been double-crossed while on a mission. The last survivor of the ill-fated expedition, in which three scientists testing energy-generating meteorite fragments were kidnapped, he is nursed back to health by a remote tribe but suffers acute amnesia. His repeated plea for information about his identity causes the tribespeople to christen him Who Am I? He eventually moves on, hooking up with a sassy but secretive female reporter, and finds he has been marked for death by the CIA and other shady types. It's not vintage Chan, but there are enough exhilarating action sequences – including some roof-top martial artistry near the end – to make it well worth a look. *Front Row from Monday 10th, see listings for details*



Hot rock

Eight-time Emmy Award-winning sitcom *3rd Rock from the Sun* has transcended its original premise – aliens taking human form on Earth in order to study us – to become one of the funniest series on TV. It never fails to make intelligent, hilarious observations about our foibles, and is blessed with a great cast led by John Lithgow (left) as High Commander Dick Solomon. In this week's episode, *Dick and Harry Fall Down a Hole*, the titular twosome (second-in-command Harry is played by French Stewart) fall down an abandoned air shaft, and, in a nod to the classic movie *Ace in the Hole*, become the subjects of a media circus. *Sky One, Sunday 9th, 7.30pm*

Will England feel like celebrating?

Following their Test series against Zimbabwe, England's cricketers face a tougher examination as they take on the West Indies at the Oval in the NatWest Series triangular one-day tournament. The visiting team boasts a new crop of talented left-handed batsmen, but the bowling attack still relies heavily on veterans Curtly Ambrose and Courtney Walsh. England fans will be hoping that Brian Lara, who has returned from his self-imposed exile from international cricket, fails to reproduce his best form here. *Sky Sports 1, Sunday 9th, 10.30am – LIVE*

Saturday 8 July

SKY PREMIER
PREMIUM CHANNEL

6.25am Breakout
1998, rating Sky PG, 86 mins
8.00 Arthur's Quest
1998, rating Sky U, 84 mins
10.00 Buddy
Text *1997, rating Sky U, 80 mins*
11.30 Breakout
1998, rating Sky PG, 86 mins
1.00pm Air Bud
Family comedy. Text *1997, rating Sky U, DS, 94 mins*
2.45 Arthur's Quest
Arye Gross, Alexandra Paul
Fantasy adventure in which the child King Arthur is transported across time by Merlin the Magician to modern day America, where he tries to escape the clutches of an evil warrior and sorceress.
1998, rating Sky U, 84 mins

4.15 Buddy
Rene Russo, Robbie Coltrane
Comedy drama about Twenties New York socialite Gertrude Lintz who raises a gorilla as her own son. She dresses him in human clothes and even teaches him table manners but soon realises she must part with him. Text *1997, rating Sky U, DS, 80 mins*
5.45 Air Bud
Michael Jeter, Kevin Zegers, Wendy Makkena, Bill Cobbs
Family fun. When a lonely boy, finds a golden retriever on the streets, he adopts it and soon discovers that the animal has a talent for basketball. The pair soon bond and the boy starts to play basketball too. Text *1997, rating Sky U, DS, 94 mins*
7.30 Preview Show
Forthcoming movies.
8.00 Practical Magic
Sandra Bullock, Nicole Kidman, Stockard Channing, Dianne Wiest
PREMIERE Romance about two witches who are cursed to have any man they fall in love with die. The girls are determined, however, to live the life they want and use their gift for magic to overcome the obstacles in discovering true love. Text *1998, rating Sky 12, DS, 100 mins*
10.00 The X Files
David Duchovny, Gillian Anderson, Mitch Pileggi
Blockbusting sci-fi. The FBI agents return and this time they are closer than they have ever been to proving the existence of extra-terrestrial life, but as usual there are forces out there desperate to stop them from knowing the truth. Text *1998, rating Sky 15, 117 mins*
12midnight Alien 3
Sigourney Weaver, Charles S Dutton
1992, rating Sky 18, DS, 110 mins
1.55am The Proposition
Kenneth Branagh, Madeleine Stowe
Text *1998, rating Sky 12, 107 mins*
3.50-6.00am
Joseph Conrad's the Secret Agent
Bob Hoskins, Patricia Arquette
Text *1997, rating Sky 12, 91 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

6.15am The Buttercream Gang
1992, rating Sky U, 94 mins
8.00 The Big Game
1995, rating Sky PG, 99 mins
10.00 The Long Island Incident
PREMIERE Drama. *1998, rating Sky PG, 88 mins*
12noon
Danielle Steel's Palomino
Lindsay Frost, Lee Horsley
1991, rating Sky PG, 90 mins
2.00pm The Big Game
Gary Webster, Emma Wray
Gambling drama about a factory worker who is invited to play with the big boys but gets in over his head as he loses every penny and realises his life may be in danger.
1995, rating Sky PG, 99 mins

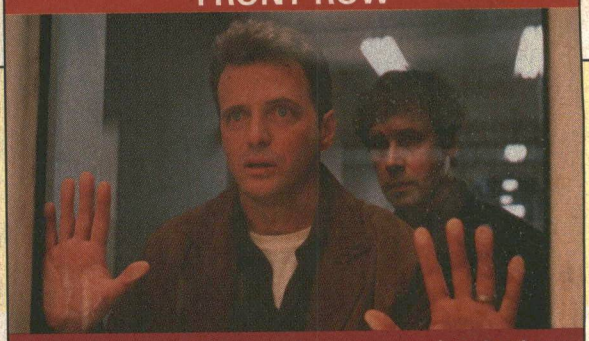
4.00
The Long Island Incident
Laurie Metcalf, MacKenzie Astin, Peter MacNeill, Tyrone Benskin
Drama based on the true story of a woman who, following the killing of her husband during a shoot-out on a train, becomes a crusader for gun legislation – a campaign which sees her bidding for a seat in Congress.
1998, rating Sky PG; 88 mins
6.00 Border Line
Sherry Stringfield, James LeGros, Elizabeth Pena
Thriller. A lawyer representing an international adoption agency inadvertently discovers a murder involving the company. She then gets mixed up in an illegal extortion operation and realises with horror that her own child and life may be at risk.
1999, rating Sky PG, 82 mins
8.00 Turbulence II: Fear of Flying
Tom Berenger, Craig Sheffer, Jennifer Beals, Jeffrey Nordling
Thriller about a terrorist who is holding the passengers aboard an airline hostage and threatening to set off a nerve gas bomb. But among the terrified travellers is a technician who decides to take drastic action to avert danger.
1999, rating Sky 15, 96 mins
10.00 Bloodsport
Jean-Claude Van Damme, Donald Gibb, Leah Ayres
Action thriller. An American special forces commando goes AWOL to compete in a martial arts contest held in Hong Kong.
1988, rating Sky 18, 88 mins
11.35 Crash
James Spader, Holly Hunter
Drama about a young couple who get sexual excitement from automobile accidents. Text *1996, rating Sky 18, 96 mins*
1.15am Predator 2
1990, rating Sky 18, DS, 104 mins
3.05 Last Rites
1998, rating Sky 15, 84 mins
4.35-6.10am The Legend of Wolf Mountain
1992, rating Sky PG, 88 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am Abbott and Costello Meet Dr Jekyll and Mr Hyde
Bud Abbott, Lou Costello
1953, rating Sky PG, 73 mins
12.30pm Abbott and Costello Meet the Invisible Man
Bud Abbott, Lou Costello
Comedy. Two private eyes help out a boxer who is in possession of a potion which can turn him invisible.
1951, rating Sky U, 79 mins
2.00 Mister Johnson
Pierce Brosnan, Edward Woodward
Drama based on Joyce Cary's novel. A well-educated black man in 1920s Africa finds his efforts to get ahead hampered by the racism which prevails. *1991, rating Sky PG, DS, 97 mins*

4.00 Samson and Delilah
Victor Mature, Hedy Lamarr
Biblical epic about a jewish revolutionary with incredible strength, called Samson, who wants to marry a beautiful Philistine, but is prevented from doing so by her schemeing younger sister, Delilah, who wants Samson for herself. The duplicitous beauty hates to see Samson in the arms of another woman and so plots his downfall.
1949, rating Sky U, 122 mins
6.10 Men in War
Robert Ryan, Robert Keith, Vic Morrow, Aldo Ray
Drama set during the Korean War following a group of soldiers who find themselves isolated in enemy-held territory after a retreat. Together the men face a long march ahead to reach safety.
1957, rating Sky PG, 98 mins
8.00 Taffin
Pierce Brosnan, Ray McAnally, Alison Doody, Jeremy Child
Drama. A debt collector in a small Irish town becomes a local hero when he fights for the citizens' rights against land developers, who are attempting to build a chemical plant on the outskirts of town and have sent in heavies to intimidate the locals.
1987, rating Sky 15, 92 mins
10.00
The Panic in Needle Park
Al Pacino, Kitty Winn, Richard Bright, Kiel Martin
Drug addict drama about a street-dweller who encourages his girlfriend to take up his habit. As their spiral into dependency continues, death becomes the most attractive option. *1971, rating Sky 18, 104 mins*
11.50 Room at the Top
Laurence Harvey, Simone Signoret, Donald Wolfit
Text *1958, rating Sky 15, 112 mins*
1.50am Let Him Have It
Chris Eccleston, Paul Reynolds
1991, rating Sky 15, DS, 110 mins
3.45 Taffin
1987, rating Sky 15, 92 mins
5.25-6.00am Red Skelton
Documentary tribute.

FRONT ROW



Aidan Quinn and Stephen Rea are powerless to stop a living nightmare in 'In Dreams'. Front Row, see below

MOVIE RATINGS
Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

FILMFOUR
ADD-ON CHANNEL

6.00pm The Lodger
Marie Ault, Arthur Chesney, Malcolm Keen, Ivor Novello
Thriller about a serial killer with a liking for murdering blonde women. The detective on the case becomes suspicious of his blonde girlfriend's lodger who has a habit of going out late at night. Text *1926, 75 mins*
7.20 Bon Voyage
1944, 26 mins
8.00pm Sommersby
Richard Gere, Jodie Foster, Bill Pullman, James Earl Jones
Romantic drama. Seven years after leaving to fight in the Civil War, a released prisoner returns home to his wife. But he is a changed man, no longer the brutal businessman. Instead, he is a new man in every way – but is he the real Sommersby? Text *1993, 109 mins*
10.00 My Name is Joe
Peter Mullan, Louise Goodall, David McKay, David Hayman
Romantic drama about a recovering alcoholic turned soccer coach who falls for a health service worker. The film follows their romance and is told against a backdrop of drug deals and violence in Glasgow's badlands.
1997, 101 mins
11.50 Psych-Out
Susan Strasberg, Jack Nicholson
Drama about a deaf runaway who is searching for her brother.
1968, rating 15, 80 mins
1.25am Wild in the Streets
Fantasy. *1968, 96 mins*
3.05 Around the Time
3.25-6.00am Clockers
Drama. *1995, 121 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm
The Girl Can't Help It
Tom Ewell, Jayne Mansfield, Edmond O'Brien, Julie London
Classic rock'n'roll comedy. A down-and-out theatrical agent is hired by a racketeer to try and make a successful singing star out of the former's voluptuous girlfriend in order to make a fortune and catapult them both to stardom. *1956, 99mins*
9.00 Tommy
Roger Daltrey, Ann-Margret, Oliver Reed, Elton John
Ken Russell's treatment of The Who's rock opera. A deaf, dumb and blind boy becomes a master pinball player and the object of a religious cult after he is miraculously cured. Also features musical performances from stars like Eric Clapton and Tina Turner.
1975, 111 mins
11.00pm Elvis: The Movie
Kurt Russell, Shelley Winters, Season Hubley, Pat Hingle
Biopic of the superstar's life, from his birth into a poor Mississippi family, to his comeback in Las Vegas. *1979, 163 mins*
2.00am Kid Galahad
Elvis Presley, Gig Young
Musical drama. Text *1962, 95 mins*
3.40 Romantic Comedy
Dudley Moore, Mary Steenburgen
1983, 103 mins
5.30-7.00am Susanna Pass
Roy Rogers, Dale Evans
1949, 105 mins

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE PRINCE OF EGYPT
Rating U, 95 mins
Animated epic. Two young princes are brought up together, one will rule Egypt – the other will grow up to become one of the world's greatest heroes. Voices of Sandra Bullock and Ralph Fiennes.
T/C: Animation, biblical tale.
BL: None.
S/N: None.
V: Some mild biblical horror.
6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm

Channel 51 Evening

IN DREAMS
Rating 18, 96 mins
Thriller. An artist seems to have a mental link with a madman and is haunted by the dreams of impending victims. Eventually she takes a frightening course of action. Stars Annette Bening and Aidan Quinn
T/C: Psychic thriller.
BL: Frequent, strong.
S/N: Infrequent, mild.
V: Frequent, strong horror.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

8MM
Rating 18, 119 mins
Thriller. A surveillance specialist is hired to find out the truth about a sordid video found in a dead man's effects. Stars Nicolas Cage, James Gandolfini and Joaquin Phoenix.
T/C: Thriller, snuff movies.
BL: Frequent, strong.
S/N: Frequent, strong, fetish.
V: Frequent, strong.
6.15pm, 8.30pm, 10.45pm, 1.00am, 3.15am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple attempt to recover from the effects of a battle which killed the man's brother. Stars Matt Battaglia and Jeff Wincott.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Count Duckula 6.30 Grimmy 7.00 Tintin 7.30 Rescue Heroes 8.00 Mega Babies 8.30 Pokémon 9.00 The Simpsons Text 9.30 Mummies Alive 10.00 Roswell Conspiracies 10.30 Starship Troopers 11.00 WWF – Smackdown 1.00pm WWF – Livewire 2.00 AXN Text 2.30 Storm Warning Text

3.00 Pacific Blue
Double Lives
A face from the past returns and threatens the professional credibility of one of the bike patrol officers. Text

4.00 Star Trek: Deep Space Nine
Broken Link
The station security chief is forced to return to his homeworld and face judgement. Text

5.00 Star Trek: Voyager
Scientific Method
The deep space adventures of lost Starfleet ship *Voyager*. Romance continues to blossom between two of the officers. Text

6.00 Pokémon
Stage Fight
A Pokémon carnival arrives.

6.30 The Simpsons
Lost Our Lisa
Lisa takes the wrong bus. Text

7.00 Britney in Hawaii
A one-hour concert with teen pop sensation Britney Spears featuring songs from her albums *Baby One More Time* and *Oops... I Did It Again.*

8.00 Futurama
Why Must I Be a Crustacean in Love Text

8.30 Suddenly Susan
Car Trouble
Discrimination is exposed. Text

9.00
Xena: Warrior Princess
Fantasy action adventure. The adventures of a fearless warrior princess encountering characters from classical myth and legend.

10.00 Cops
Albuquerque

11.30 Cops
Seattle/Tacoma
The officers pursue two suspects involved in a drugs deal. Text

11.00
Hot Summer Downunder
Real-life documentary series focusing on the antics of the residents, visitors and workers of Australia. Text

12midnight Showbiz Weekly
Entertainment news and reports.

12.30am Tekwar
Cyberhunt
Hacker skills are needed to locate a shipment of hidden bullion. Text

1.30 Manhunter
Crime documentary. A brutal killer is sentenced to death.

2.30-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Keeping Up Appearances 6.30 Birds of a Feather Text 7.05 Angels 7.35 Neighbours Omnibus 9.30 Dynasty Omnibus 12.15pm EastEnders Omnibus
David and Ricky argue over a hire purchase agreement and Mark says farewell to an old friend. Nigel has to come clean with Debbie while Alan gets a night to remember from Carol. Gita has a confession to make but Arthur has good news.

3.10 The Bill Omnibus
A woman is assaulted in her new flat and the attack may be linked to another case. A young fence is arrested but there is more to his story than just selling stolen goods. Meanwhile, one of the officers must resist the charms of a clever conwoman who has already fleeced her business partner and, in an unusual case, a stand-up comic is murdered but the killer may have been present in his last audience.

5.25
Keeping Up Appearances
An amateur production of *The Boyfriend* causes local rivalry.

6.15 FILM: Carry On at Your Convenience
Sid James, Kenneth Williams, Charles Hawtrey, Joan Sims
Bawdy British comedy with the *Carry On* team. A shop steward battles with the management of a lavatory factory. His mood improves when he discovers that his mute budgie has a lucrative talent. *1971*

8.00 The Two Ronnies
Vintage bifocal comedy with the two popular comedians and their wide repertoire of characters. Anecdotes, gags and sketches from two masters of timing.

9.00-1.10am
One Foot in the Grave
9.00 *Alive and Buried*
Sitcom about cantankerous senior citizen Victor Meldrew.
9.40 *The Big Sleep*
A self-help book is no help at all if you're dealing with Victor Meldrew's relentless brand of black-hearted pessimism.
10.20 *The Valley of Fear*
A graffiti artist enrages Victor.
11.00 *I'll Retire to Bedlam*
Being trapped in a shed with Victor Meldrew is no joke.
11.40 *The Eternal Quadrangle*
A unlikely romance is organized in Victor's absence.
12.20am
Return of the Speckled Band

1.00 This Life Text
1.55 Going Straight
2.35 Keeping Up Appearances
3.10 One Foot in the Grave
3.45 One Foot in the Grave
4.20-6.00am FILM: Carry On at Your Convenience
Bawdy comedy. *1971*

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Forgive or Forget 9.50 Relationship SOS 10.25 Home and Away Omnibus 12.30pm
FILM: Addicted to His Love
Barry Bostwick, Polly Bergen
Drama. Three women set out to exact revenge upon one man. *1998*
2.20 FILM: Twice Upon a Time
Molly Ringwald, Rob Youngblood
Drama. A young woman is surprised to find herself in an alternative universe when she makes a wish for a different life. However, having her wish granted is not as straightforward or rewarding as it seemed. *1998*

4.10 Special Babies
Documentary series on babies born with special needs.

4.40 Maury Povich
Double bill of the compelling and personal talk show dealing with emotional conflicts, hosted by veteran broadcast journalist Maury Povich.

6.20
Chat's Moral Dilemmas
Julia Bradbury hosts the talk show which offers advice to people who are in a dilemma. What action will they choose?

7.10 Forgive or Forget
Host Mother Love deals with real problems in a variety of relationships and tries to help guests resolve them.

8.00 Judge Judy
Double bill of the show in which outspoken New York City family court judge Judy Sheindlin presides over a series of real-life cases and family conflicts.

9.00 Profiler
Suspense thriller in which a brilliant forensic psychologist uses her gift for understanding the minds of criminals to try and stay one step ahead of them.

10.00 Jerry Springer
Double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively discussion about relationship issues and alternative lifestyles which can shock more conventional friends and family members.

11.45-12midnight
Sex Bites
Adult fun with Katrina Buchanan.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am On the Buses 6.30 On the Buses 7.00 Plus on Plus 7.30 Mind Your Language 8.00 Bowler 8.30 Supersonic 9.00 Mission: Impossible 10.00 Charlie's Angels 11.00 Terry and June 11.30 Terry and June 12noon The Two of Us 12.30pm Plus on Plus 1.00 On the Buses 1.30 On the Buses 2.00 Poirot

3.00 The Persuaders
Powerswitch
Cult action-adventure series. The dead body of a beautiful girl is found in a Côté d'Azur bay. With Tony Curtis and Roger Moore.

4.00 Charlie's Angels
Haunted Angels
Sabrina poses as a clairvoyant in an attempt to outwit a phony psychic researcher. With Kate Jackson.

5.00 Cagney and Lacey
Hot Line
Police drama series. A series of stranglings occurs and the two cops learn that all of the victims worked for an erotic hotline.

6.00 Watching
Wedding
Comedy series.

6.30 George and Mildred
Where My Caravan Has Rested
Comedy series.

7.00 Poirot
The Tragedy at Marsden Manor
A classic adventure for Agatha Christie's celebrated detective. Murderous ghost stories abound in a Norfolk village.

8.00 The Chief
Police drama series. Unrest is brewing among students who are planning a protest against a Government minister and a freemason is suspected of fraud.

9.00 An Audience with Ken Dodd
The ticklestick-wielding Liverpool comic entertains a celebrity audience and answers their questions about his career.

10.00-11.00pm The Knock

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Sexy Shorts
Late night music show which looks at the hottest new videos.

11.30 Rock Fillies 2
The follow-up series about a raunchy girl band.

12midnight Centrefolds
A fly-on-the-wall documentary about a troupe of touring centrefolds.

12.30am Beaver Patrol
Danni Hunt travels to different regions of the country in search of every woman's dream man.

1.00-2.00am
Extreme Bikini Contest
Erotic late-night series.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.20 Music Time 6.25 New Adventures of Winnie the Pooh 6.40 Art Play 6.45 Classic Toons 6.55 The Adventures of Spot 7.05 Bite Size 7.20 Circle Time 7.25 Bear in the Big Blue House 7.50 Rolie Polie Olie 8.00 Boy Meets World 8.30 Teen Angel 9.00 Art Attack 9.30 Sabrina 10.00 Doug 10.30 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon 100 Deeds for Eddie McDowd 12.30pm Incredible Story Studio 1.00 FILM: Your Choice Your Voice 2.30 Mickey Mouseworks

3.00 101 Dalmatians
Canine animated capers and daring doggy deeds. Text

3.30 Timon and Pumbaa
The wacky animal duo from *The Lion King*. Text

4.00
FILM: The Brave Little Toaster to the Rescue
Fantasy animated adventure with electrical appliances which have a life of their own and try to help their beloved master to graduate from university. *1997*

5.15 Honey, I Shrunk the Kids: The TV Show
Honey, He Ain't Rude, He's My Brother Text

6.00 Smart Guy
A smart kid goes up into tenth grade instead of the fourth. Text

6.30 Boy Meets World
Sixteen Candles and Four-Hundred-Pound Men Text

7.00 FILM:
Lion King II: Simba's Pride
Voices of Neve Campbell and Matthew Broderick
Sequel to the animated blockbuster hit. The Lion King's daughter and heiress falls in love with his sworn enemy's young successor. Text *1998*

8.20 Honey, I Shrunk the Kids: The TV Show
Honey, We're Past Tense Text

9.05 Thunderstone
Concerns build about the changing climate as lightning becomes more frequent.

9.30 Dinosaurs
Prehistoric animatronics. Text

10.00 Home Improvement
Comedy double bill. Text

11.00 Dr Quinn: Medicine Woman Text

11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

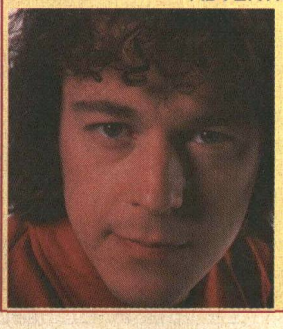
SATURDAY CONTINUES OVERLEAF...

6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

CABLE CHOICE

FILM
Practical Magic
Sky Premier 8.00pm
The charming performances of Sandra Bullock and Nicole Kidman (relishing the role of Bullock's bad-girl sister) carry this piece of lightweight whimsy from actor-turned-director Griffin Dunne. The two siblings are descended from witches, and any man they love is doomed to die.

GENERAL
Spa Trek
UK Style 11.30am, 8.30pm
Follow presenter Brigitte Gail in this new series as she travels to five continents and 20 countries in search of the most fascinating and elegant spas in the world. Today she's off to the aptly named Haven of Life spa in Thailand for Thai massage, t'ai chi and body glow.

ADVERTISEMENT
UK GOLD

SATURDAY NIGHT COMEDY 9.00PM
Saturday Night Comedy on UK Gold serves up some of the very best comedy including Alan Davies, Ben Elton, Steve McGrew and Sean Meo.

Saturday 8 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM	**7.00am Swimming – LIVE** **8.00 Xtreme Sports** **9.30 Swimming – LIVE** Action from Helsinki. **10.45 Swimming** **12noon Trial** **12.30pm Motorcycling – LIVE** **1.00 Motorcycling – LIVE** **2.00 Motorcycling – LIVE** British Grand Prix action from Donington Park.	**6.00am Aerobics Oz Style** **6.30 Extreme Sailing** **7.00 Sky Sports Centre** **7.30 Racing News** **8.00 Sports Auction: Golf Auction Preview 8.30 Australian Rugby League** **10.30 International Cricket: Triangular One-Day International – England v Zimbabwe – LIVE** **2.15pm Extra Cover** **2.45 International Cricket: Triangular One-Day International – England v Zimbabwe – LIVE** England's first match in the one-day triangular tournament pits them against Zimbabwe. The action takes place at the Foster's Oval and Nasser Hussain knows that nothing less than a win will do. With a transitional West Indies side completing the triangle, the home side have the rare honour of being the pre-tournament favourites. As ever, England's batting line-up will generate most interest and the form of Hussain and former captain Mike Atherton will be pivotal to success.	**6.00am Sports Unlimited** **7.00 Aerobics Oz Style** **7.30 Max Power** **8.30 Racing News** **9.00 Soccer AM** **12noon Ford Golf USA: Advil Western Open** Day Two action from Cog Hill Golf & Country Club in Lemont, Illinois. **2.00pm World Pool Championships – LIVE** The World Pool Championships reach the quarter-finals at Cardiff International Arena with live frame-by-frame coverage as the remaining players compete in the largest ever competition of its kind.	**10.00am Endurance Running: Peak District** **10.30 Extreme Sailing** **11.00 International Rugby Union: Australia v South Africa – LIVE** **1.00pm Sports Auction: Golf Auction Preview** **1.30 Gillette World Sport Special** **2.00 Euro Tour Golf: Smurfit European Open – LIVE** Full coverage from day three of this year's Smurfit European Open which takes place at The K Club in Dublin, Ireland. English star Lee Westwood stole the show last year as he came from behind to convert a seven-stroke overnight deficit into a three shot victory to defeat Darren Clarke of Northern Ireland.	**8.00am Deepwater Black** **9.00 The Incredible Hulk** **10.00 Lost in Space** **11.00 The Six Million Dollar Man 12noon FILM: The Atomic Submarine** *Arthur Franz, Dick Foran* A submarine is sent to the North Pole to investigate strange goings-on. *1959* **1.25pm Planet of the Apes** **2.25 Cybernet**	**6.00am Select MTV** **8.00 The Grind** **9.00 Total Request** **10.00 European Top 20** **12noon Weekend Edition** Catch up with the stories from last week in the worlds of music and showbiz. **12.30pm Select MTV** Richard Blackwood presents a three-hour weekend edition of the music request show.
MORNING						
3.00 PM	**3.15 Cycling – LIVE** Coverage of the Tour de France from Limoges to Villeneuve-sur-Lot. Competitors return to Villeneuve-sur-Lot, the 18th century town that hosted the Tour in 1996. The last winner was the Italian Podenzana but can he repeat the performance?				**3.00 Robocop** *Midnight Minus One* Robocop and Officer Madigan race against the clock to prove a killer is innocent.	**3.30 Weekend Edition** Music and showbiz stories from last week.
4.00 PM					**4.00 Deepwater Black** *Legacy* Yuna and Zak are lost in a Tachyon storm. **4.30 Deepwater Black** *Reflections*	**4.00 Trevor Nelson's All-Time Top 10 R&B Selection** NEW Trevor Nelson selects his favourite R&B.
5.00 PM	**5.00 Swimming** From the European Championships in Helsinki. **5.45 Athletics – LIVE** Coverage of the seventh meeting of the IAAF Grand Prix I from Nice. First held in 1976, this meeting has quickly become one of the top meetings of the season and celebrates its 25th anniversary this year.		**5.30 Endurance Running: Peak District** Participants compete over the Peak District.		**5.00 The Net** *Last Man Standing* Angela tries to stop a series of death matches being broadcast on the World Wide Web.	**5.00 Puffy TV** Puff Daddy talks about his controversial career. **5.30 Biorhythm: Eminem** NEW The rise of rap.
6.00 PM		**6.30 International Rugby Union: Australia v South Africa** Explosive rugby union action featuring the match between Australia and South Africa. Melbourne plays host as the two sides continue their Tri-Nations preparations.	**6.00 Max Power** International action featuring material from around the world, including both two and four-wheel motorsport.	**6.00 Sports Auction: Golf Auction Preview** **6.30 Australian Rules Football** Dynamic action from the exciting rough and tumble world of the Australian Football League. 16 teams, including the Brisbane Lions, Western Bulldogs and the mighty Kangaroos, compete in an exhausting 22-match Premiership season.	**6.00 The Crow: Stairway to Heaven** *Closing Time* A shady promoter persuades Draven to pick up his guitar again.	**6.00 Trevor Nelson's Classic Archive R&B Selection** NEW Another special show for R&B Weekend.
7.00 PM			**7.00 World Pool Championships – LIVE** Coverage from the second session's play in the quarter-finals of this year's World Pool Championships, staged at Cardiff International Arena.		**7.00 The Burning Zone** *Death Song* Hailey and Cassian investigate a series of gruesome deaths.	**7.00 Weekend Edition** **7.30 MTV Movie Special: Mission: Impossible 2** Behind the scenes.
8.00 PM	**8.30 Athletics** Highlights of the IAAF Grand Prix I meeting from Nice, France .	**8.00 Fight Night: Michael Gomez v Carl Greaves – LIVE** Coverage of the latest top class boxing action.		**8.30 Ford Golf USA: Advil Western Open – LIVE** Live US PGA golf action from the Advil Western Open as the tournament reaches day three.	**8.00 FILM: Deep Core** *Wil Wheaton, Terry Farrell, Craig Sheffer, Bruce McGill* An oil company ignites a subterranean oil reservoir that threatens the safety of the world and a dedicated team of scientists must journey beneath the Earth to save the planet and its inhabitants. *2000*	**8.00 The Lick Divas Special** Trevor Nelson looks at the leading female R&B talents of the moment.
9.00 PM	**9.00 Cycling** Highlights of the latest action from the Tour de France from Limoges to Villeneuve-sur-Lot. Includes reactions and interviews.					**9.00 Celebrity Death Match** More of the outrageous satire where claymation stars battle it out for supremacy.
10.00 PM	**10.00 SportsCentre** Live sports news bulletin. **10.15 Swimming** Highlights of the European Championships in Helsinki. **10.45 Motorcycling** Highlights of today's qualifying practices from Donington Park. **11.45 SportsCentre** The latest sports news and reports on all the top action.	**10.00 World Wrestling Federation: Late Night – Smackdown** Another bout of uncut rough and tumble action from the World Wrestling Federation, featuring the likes of The Undertaker. **11.55 Premiership Shorts: Favourite Player – Gianfranco Zola**	**10.30 Endurance Running: Peak District** Competing over the rugged terrain of the Peak District. **11.00 Euro Tour Golf: Smurfit European Open** All the major shots of the day from the third day's play in the 2000 Smurfit European Open.	**11.00-12midnight Max Power** Featuring material from around the world, including both two and four-wheel motorsport.	**10.00 FILM: Deepstar Six** *Taurean Blacque, Nancy Everhard, Greg Evigan* The crew of an experimental underwater nuclear base are forced to struggle for their lives when their explorations disturb a creature who threatens to destroy their base. *1989*	**10.00 Sisqo Unleashes Hip-Hop's Sexiest Videos** NEW The Dru Hill frontman introduces the raunchiest R&B tracks. **11.30 Diary of Method Man** Up close and personal with the controversial star.
11.00 PM						
12.00 NIGHT TIME	**12midnight-1.00am Superbike – LIVE** Full coverage of the World Championship from Laguna Seca in California.	**12midnight International Cricket: Triangular One-Day International – England v Zimbabwe 1.30am Fight Night: Michael Gomez v Carl Greaves 3.30 WWF – Smackdown 5.25 Premiership Shorts: Favourite Goal – Michael Owen 5.30-6.00am Moto +**	**1.30am Ford Golf USA: Advil Western Open – LIVE** Live US PGA golf with day three from the Advil Western Open tournament. **4.00-6.00am Australian Rugby League** Australian NRL action.		**12midnight FILM: Golgo 13: The Professional** *Voice of Kiyoshi Kobayashi* Japanese animation about a professional hit man. *1983* **1.45am Sci-Focus Special** **2.00 Amazing Stories 2.30 The Ray Bradbury Theatre** **3.00-4.00am Lost in Space**	**12midnight The Late Lick** With Trevor Nelson. **1.00am MTV Dance Floor Chart Show** Presented by June Sarpong. **2.00 Hit List UK** **3.00 Chill Out Zone** **5.00-6.00am Night Videos**

LIVE INTERNATIONAL RUGBY UNION: AUSTRALIA V SOUTH AFRICA SKY SPORTS 3 11.00AM

The Colonel Stadium, Melbourne is the venue for international rugby union of the highest calibre today as the reigning world champions Australia entertain South Africa. On their way to winning the World Cup last year, the Wallabies beat the Springboks in the semi-final, so Andre Venter (pictured with ball) and his team-mates will be out to avenge that defeat and make this game much more than just a rehearsal for the Tri-Nations, in which these two teams – plus New Zealand – are involved later this month.

PLAYBOY TV/ ADULT CHANNEL ADD-ON CHANNEL	TELEVISION X ADD-ON CHANNEL
10.00pm Freeview 10.06 Intimate Sessions 10.45 Women of Colour 12midnight Freeview 12.12am Adult Feature 12.40 Sam Gets Her Girl 1.00 FILM: Bride on the Run 2.20 Dr Anna St John 2.45-4.00am FILM: Sex Drive	**12midnight Preview 12.10am Suburban Tales 12.20 Search for a Porn Star 12.45 FILM: North Pole 9 1.00 Freeview 1.05 FILM continues 2.00 Freeview 2.05 Exposed 2.15 Eastern Nights 2.30 FILM: Wicked Covergirls 3.40-4.00am Traci Topps**
Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details	Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Saturday 8 July

VH1 MUSIC & GAMES PACK

6.00am Breakfast in Bed 8.00 Emma 9.00 Talk Music 9.30 Greatest Hits: The Corrs 10.00 It's the Weekend with Jules and Gideon: Mardi Gras Special NEW 11.00 Party in the Park '99 1.00pm The VH1 Album Chart Show 2.00 It's the Weekend with Jules and Gideon: Mardi Gras Special

3.00 World Music Awards '99
A star-studded ceremony from Monte Carlo, featuring Will Smith, The Corrs, Cher, Janet Jackson, Britney Spears, Ricky Martin and the Barenaked Ladies.

5.00 Fleadh Festival 2000
NEW The London music festival maintains its Celtic roots and its stunning line up with perfomances from a plethora of home and international talent like The Corrs, Billy Bragg joined by Suzanne Vega, Richard Thompson, Lonnie Donegan and Bert Jansch.

7.00 The Millennium Classic Years: 1998
All the hits and headlines from the year that France gloriously lifted the World Cup in Paris.

8.00 It's the Weekend with Jules and Gideon
Jules goes pink at this year's Mardi Gras Festival in London.

9.00 Hey, Watch This!
From his loft appartment, John Fugelsang takes a comical look at the differences between Brits and Americans.

10.00 Behind the Music: Elton John
A look at this remarkable character, delving behind the music to find the truth behind the headlines.

11.00 Fleadh Festival 2000
The London music festival maintains its Celtic roots and its stunning line up with perfomances from the likes of Billy Bragg and Suzanne Vega.
1.00am VH1 Divas 2000
Featuring live performances from Diana Ross, Mariah Carey, Destiny's Child and Donna Summer.
2.00 The Men Strike Back
4.00-6.00am VH1 Late Shift

ANIMAL PLANET WORLD PACK

12noon Crocodile Hunter
The Crocodile Hunter Goes West – Part I
12.30pm Crocodile Hunter
The Crocodile Hunter Goes West – Part II
1.00 Emergency Vets
1.30 Emergency Vets
2.00 Living Europe
The Cradle
Investigate the wildlife and landscapes of Europe.

3.00 Survivors
Wolf
Reveals how essential the grey wolf is in maintaining the equilibrium in the Rockies' ecosystem.

4.00 Dolphin Stories
Secrets and Legends
A look at the role of dolphins in both science and legend, from modern to ancient times.

5.00 Crocodile Hunter
Sharks Down Under
Steve Irwin focuses on several different species of shark off Aussie shores.

6.00 The Aquanauts
Follow the team of divers, marine scientists.
6.30 The Aquanauts
Further travels with the marine team.

7.00 Wild Rescues
Incredible tales of people coming to the rescue of animals – and vice-versa.
7.30 Wild Rescues
More tales of bravery.

8.00 Wildlife Police
Looking at the efforts of those fighting against animal cruelty in Britain.
8.30 Wildlife Police
Animal protection tales.

9.00 Game Park
New Blood
The staff of Hluhluwe Umfolozi Park in South Africa trace the cause of why their lions are dying.

10.00 Crocodile Hunter
Sleeping with Crocodiles
10.30 Crocodile Hunter
Suburban Killers

11.00-12midnight The Aquanauts
Tests on the latest technology in diving equipment and diving with schools of white-tip sharks.

CABLE CHECK
Some of the channels listed may not be available in your area

ITV2 ACCESS PACK

9.25am NBA Season Review
10.30 ISKA Karate
11.00 The Extremists
11.30 Best and Worst
12noon Amazing Games
12.30pm ISKA Karate
1.00 Trisha
A triple bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text

4.00 Transatlantic Wrestling Challenge
Two back-to-back episodes of hostility as eight British professional wrestlers take on their counterparts from America.

6.00 The Extremists

6.30 Best and Worst

7.00 Amazing Games

7.30 ISKA Karate

8.00 Abba Mix Special
A mix of classic Abba videos and covers by famous artists.
8.45 The Abba Story: The Winner Takes It All
Documentary about the Swedish pop group, featuring interviews with all four former members.
10.00 Abbamania
A host of stars including Steps, Madness, Culture Club, Westlife and Martine McCutcheon perform their favourite Abba songs.

11.00 Abba Mix Special
A mix of classic Abba videos and covers of their songs by today's artists.
11.45 Videotech
12.15am Boxing First
1.45-2.15am Planet Rock Profiles

UK STYLE LIFESTYLE PACK

7.00am Can't Cook, Won't Cook 7.30 Ready, Steady, Cook 8.00 House Invaders 8.30 The House Doctor 9.00 Antiques Roadshow US 10.00 Holiday Guide To... 11.00 Holiday Swaps 11.30 Spa Trek NEW SERIES 12noon Holiday on a Shoestring 12.30pm Looking Good 1.00 à la mode 1.30 Two Fat Ladies 2.00 Ainsley's Meals in Minutes 2.30 Delia Smith's Summer Collection

3.00 Delia's How to Cook
Delia Smith creates simple recipes for the untalented.
3.30 Fresh Food
With Rick Stein.

4.00 Can't Cook, Won't Cook
4.30 Ready, Steady, Cook
Two top chefs create exciting new recipes.

5.00 House Invaders
DIY show in which homes are given a facelift.
5.30 The House Doctor
Home improvement series.

6.00 Antiques Roadshow US
The team visits Seattle as part of its US tour of thirteen cities, to examine some surprising objects.

7.00 Holiday On a Shoestring
Budget travel ideas.

8.00 Looking Good
Lowri Turner presents this makeover show.
8.30 Spa Trek
Thailand – Chiva Som
Brigitte Gall tries Thai spas.
9.00 Looking Good
The team looks at the glamorous world of the diva with Maria Friedman of the musical *Chicago*.
9.30 Feature
10.00 à la mode
Annemette Klinkby-Silver delves deep into the world of fashion.
10.30 Two Fat Ladies
Pony Club

11.00 Ainsley's Meals in Minutes
With flamboyant chef Ainsley Harriott.
11.30 Delia Smith's Summer Collection
12midnight
Delia's How to Cook
Delia Smith goes to work on the egg and demonstrates how to boil, poach and scramble to perfection.
12.30am-1.00am Fresh Food
Presented by Rick Stein.

UK HORIZONS WORLD/ ACCESS PACKS

7.00am Everglades – Yo Hell and Back 8.00 Sixth Sense 8.30 Seeing Sense 9.00 Sound Sense 9.30 Super Scents 10.00 A Rough History of... 10.30 In Search of William the Conqueror 11.30 A Rough History of... 12noon Tomorrow's World Plus 12.30pm Tomorrow's World Plus Dinosaur Special 1.00 T-Rex Exposed 2.00 Sixth Sense 2.30 Seeing Sense

3.00 Sound Sense
Supersense
Explore the ways in which animals use sound.
3.30 Super Scents
Supersense

4.00 Everglades –To Hell and Back
Natural World
A look at the unique habitat of the Everglades. Tim Piggott-Smith narrates.

5.00 Top Gear GTi
The *Top Gear* team tests the latest models and casts an experienced eye over the hottest motoring news with consumer tips.

6.00 Full Circle with Michael Palin
Japan and Korea
Michael Palin continues his 50,000-mile journey around the Pacific Rim.

7.00 Money, Money, Money
Who Really Wants to be a Millionaire?
7.30 Mysteries
Real-life mysteries. Text

8.00 The Human Body
An Everyday Miracle
Follow a pregnancy from conception to birth, using new medical imaging.
9.00 Neighbours at War
Following the bickerings of suburban neighbours.
9.30 Destination Nightmare
Nick Ross reveals nightmarish holiday sagas.
10.30 Neighbours at War
Following the bickerings of suburban neighbours.

11.00 Neighbours at War
11.30 999
12.30am-1.00am Living with the Enemy
Fly-on-the-wall series. Text

UK PLAY:
1.00am Goodness Gracious Me 1.20 The Fast Show 1.55 Hippies 2.30 Rock Profile 3.00 Dave Pearce's DJ Anthems 3.30-7.00am The Joy of Decks

CARLTON FOOD NETWORK LIFESTYLE PACK

7.00am First Taste 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Thoroughly Modern British 9.30 Power Food 10.00 In Season 10.30 Simply Baking 11.00 A Slice of the Action 11.30 Picture This 12noon Scotland's Larder 12.30pm Ross's Barbecue Party 1.00 Coxon's Kitchen College 1.30 From the Ground Up 2.00 Food Network Daily 2.45 Quick Cooks

3.00 A Shared Table
Western Australia
Take a culinary trip around Western Australia.
3.30 Costa Del Nosh
Spanish cuisine.

4.00 Simply Baking
Meringues
Baking with Andrew Nutter.
4.30 Cucina Valentina
Rice

5.00 Superchefs
5.30 Scotland's Larder
6.00 Coxon's Kitchen College
6.30-7.00pm Antony's Morocco

NATIONAL GEOGRAPHIC CHANNEL FAMILY PACK

7.00pm Amazing Creatures: Dolphin of the Amazon

7.30 The Orphaned Orang-Utan

8.00 Land of the Tiger
An extraordinary natural history film that takes viewers to two national parks in the heart of India.

9.00 Tiger's Eye
Travel to India's Bandhavgarh National Park in search of the tiger.
9.30 Spell of the Tiger

10.00 The Siberian Tiger
Explore the realm of this timid cat of which there are fewer than 200 left.

11.00 The Tasmanian Tiger
Contains rare archive footage of the largest marsupial carnivore to have existed.
12midnight-1.00am Giants of Ningaloo
Explore the world of the largest fish in the oceans as they congregate off Ningaloo Reef in North Western Australia.

CHALLENGE TV MUSIC & GAMES PACK

5.00pm Strike it Lucky
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
7.30 Winner Takes All
Game show hosted by the irrepressible Bobby Davro.
8.00 Stars in Their Eyes
8.30 Candid Camera
9.00 Whittle
10.00 Endurance UK
10.30 Family Fortunes
11.00 Gladiators
12midnight Beadle's About
12.30am Stars in Their Eyes
1.00 Candid Camera
1.30 Absolute Cobblers
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
Contestants face a series of mental and physical challenges against the clock.
4.00 Say the Word
4.30 Move On Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE WORLD PACK

6.00am Set in Stone 6.30 The Diceman 7.00 Screaming Reels 7.30 Hooked on Fishing with Paul Young 8.00 How to with B & Q 8.05 Deals on Wheels 8.35 Our House Down Under 9.05 Home Savvy 9.35 Home Savvy 10.05 How to with B & Q 10.10 Total Fishing with Matt Hayes 10.40 Fishing Australia 11.10 Go Fishing 11.40 Last in the League 12.10pm How to with B & Q 12.15 Two's Country 12.45 Doing it Up 1.15 Deals on Wheels 1.45 The New Yankee Workshop 2.15 How to with B & Q 2.20 Village Green 2.50 Our House 3.20 Go Fishing 3.50-4.00am How to with B & Q

RAPTURE BONUS CHANNEL

10.00 Adrenalize 10.30 That Film Show 11.00 Byte Me 11.30 Chilli Factor 12noon High Adrenalin Action 12.30pm Fearless 1.00 Surf Film 2.00 e-trippers 2.30 High Adrenalin Action 3.00 Trainspotters 99 4.00 Ibiza 2000 4.30 Scratch TV 5.00 Chilli Factor 5.30-6.00am That Film Show

LOCAL CHANNEL ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Saturday 8 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Tabaluga 5.30 Blinky Bill 6.00 Fly Tales 6.30 Flying Rhino Junior High 7.00 Fat Dog Mendoza 7.30 Ned's Newt 8.00 Mike, Lu and Og 8.30 Ed, Edd 'n' Eddy 9.00 Dexter's Laboratory 9.30 The Powerpuff Girls 10.00 Angela Anaconda 10.30 Cow and Chicken 11.00 Johnny Bravo 11.30 The Mask 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 The Flintstones 1.30 Scooby-Doo 2.00 I Am Weasel 2.30 Courage the Cowardly Dog

NICKELODEON
FAMILY PACK

7.00am Jumanji 7.30 The Three Friends... and Jerry 8.00 SpongeBob Square Pants 8.30 Kenan and Kel 9.00 Rugrats 9.30 Rocket Power 10.00 Angry Beavers 10.30 Hey Arnold! 11.00 Cousin Skeeter 11.30 Sabrina the Teenage Witch 12noon Rugrats 12.30pm Rugrats 1.00 Rugrats 1.30 Rugrats 2.00 Renford Rejects 2.30 Renford Rejects

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Happy Ness 7.30 Princess Sissi 7.55 Princess Starla 8.20 Sailor Moon 8.45 Digimon 9.10 Digimon 9.35 Spiderman 10.00 New Addams Family 10.20 Casper 10.30 Goosebumps 11.00 Dennis and Gnasher 11.30 Ace Ventura 12noon It's Your Call: Digimon v Oggy and the Cockroaches 1.15pm Inspector Gadget 1.45 Walter Melon 2.10 Life with Louie 2.35 Donkey Kong Country

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.30 Talk 8.00 Weekend 24 9.00 News 10.00 News 10.30 Talk 11.00 News 11.30 Australia 12noon News 12.30pm Seven Days 1.00 News 2.30 Talk 3.00 News 3.30 Face 4.00 News 4.30 Movies 5.00 News 5.30 Scoreline 6.00 News 6.30 Scoreline 7.00 News 7.30 Sportsday 8.00 News 8.30 Australia 9.00 News 9.30 Talk 10.00 News 10.30 Sportsday 11.00 News 12midnight News 12.30am Seven Days 1.00 News 2.00 News 2.30 USA 3.00 News 3.30 Movies 4.00 News 4.30 Reporters 5.00 News 5.30-6.00am Talk

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am World 5.30 Health 6.30 Business 7.30 World Beat 8.30 Sport 9.00 Larry King 9.30 Larry King 10.30 Sport 11.30 CNNdotCOM 12.30pm Moneyweek 1.00 Report 2.30 Health 3.30 Sport 4.30 Golf 5.00 Africa 5.30 Business 6.30 Hotspots 7.30 World Beat 8.30 Style 9.30 Artclub 10.30 Sport 11.00 WorldView 11.30 Europe 12.30am Showbiz 1.00 1.30 Diplomatic 2.00 Larry King 3.00 3.30 Both Sides 4.30-5.00am Evans, Novak, Hunt & Shields

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Technofile 10.30 Showbiz Weekly 11.30 The Sharp End 12noon Sky News Today 1.30pm Answer the Question 2.00 Sky News Today 2.30 Week in Review 3.30 The Sharp End 4.30 Technofile 5.00 Live at Five 7.30 Sportsline 8.30 Answer the Question 9.30 The Sharp End 10.00 Sky News at Ten 12.30am Showbiz Weekly 1.30 Fashion TV 2.30 Technofile 3.30 Week in Review 4.30 Answer the Question 5.30-6.00am Showbiz Weekly

INTERNATIONAL

SAT1 5.40am Simon Templar 6.35 Jumanji 7.05 Fantastic Max 7.35 Schlümpfe 8.05 Rugrats 8.35 Der Regenbogenfisch 9.05 Scooby-Doo 9.35 Tom and Jerry 10.05 Family Feuerstein 10.35 Bugs Bunny 11.05 Men in Black – Die Serie 11.35 Die Peanuts 12noon Heartbreak High 1.00pm Raumschiff Enterprise 2.00 Star Trek – Voyager 3.00 Das Netz 4.00 Voll Witzig! 4.30 Nachrichten 5.00 Verrückte Welt 5.45 Alf 6.15 Der Dicke und der Belgier 6.45 Hausmeister Krause 7.15 FILM: Star Trek 10.00 Die Wochenshow 11.00 Die Wochenshow – Classics 11.30-12midnight Der Dicke und der Belgier

TV5 5.00am Journal 5.15 Journal 6.00 Infos 6.05 Les Mondes Fantastiques 6.30 Les Zaps 7.00 Journal 7.30 Les Zaps 8.00 Infos 8.05 Archimède 9.00 Journal 9.15 De Cause à Effet 9.30 Branché 10.00 Faut Pas Rêver 11.00 Infos 11.30 Journal 12noon Infos

012.05pm Autour du Tour 1.00 Journal 1.15 Reflets 2.00 Un Siècle d'Ecrivains 3.00 Journal 3.15 Questions 3.30 Sport Africa 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Vélo Club 6.00 Grands Gourmands 6.30 ARTE Info 7.00 Journal 7.30 Le Journal du Temps 8.00 Infos 8.05 Thalassa 9.00 Journal 9.15 La Vie à l'Endroit 11.00 Le Journal du Tour 11.30-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 8.00 Sant Darshan 9.00 Cultural Heritage 11.00 Interactive Live 12noon News 12.30pm Sansaar 1.00 Pakistan This Week 1.30 FILM 4.00 Gehra Paani 5.00 MTV 123 6.00 Ek Mulaqat 6.30 Music Fusion 7.00 MTV Hitlist 8.00 Kabhie Kabhie 8.30 Junoon 9.00 FILM 12midnight MTV Hitlist 1.00am FILM 4.00 Kabhie Kabhie 4.30 Junoon 5.00 Gehra Paani 6.00 Balcony 6.30 DD Programme 7.00-7.30am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Yeh Hai Bombay Meri Jaan 6.30 Shabads 6.45 Holy Quran 7.00 Faith Swami Narayan 7.30 Daily News 8.00 Pakistan Business Week 8.30 Janam 9.00 Choti Choti Baatein 9.30 Quiz Contest 10.00 Entertainment Express 10.30 Gubbare 11.30 Khana Khazana 12noon FILM 3.00pm Pakistan Show Time 4.00 Sofia 5.00 Khoobsurat 5.30 Rishtey the Love Stories 6.30 Hum Paanch 7.00 Callmate Top Ten 8.00 News 8.30 FILM 11.30 Super 7 Muqabla 12midnight News 12.30am FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Aur Ek Minute 5.30-6.00pm Gane Anjane

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 700 Club 6.00 CMTV 6.30 Jack Van Impe Presents 7.00 Kids Club 7.30 Donut Man 8.00 Colby's Clubhouse 9.00 Gospel Bill 9.30 This Generation 10.00 Jesse 10.30-11.00am CMTV Scene Doc

BLOOMBERG
WORLD PACK

2.15am City Diary 4.15 Finer Things 4.45 European Review 5.00 Market Movers 5.15 City Diary 5.45-6.00am Spread Your Bets

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 10.00 Scottish Parliament 2.00pm Prime Minister's Questions 2.30 Hearts and Minds 3.00 Welsh Assembly 6.30 Parliament 11.30-12midnight Straight Talk

3.00 PM

DISCOVERY
WORLD PACK

4.00pm The Great Commanders
Alexander the Great
A profile of the man who defeated the forces of the mighty Persian Empire.

4.00 PM

5.00 Battlefield
The Battle of France – Part I
The story of Hitler's western offensive, code-named Case Yellow.

5.00 PM

6.00 Battlefield
The Battle of France – Part II
How Hitler brought to an end eight months of uneasy peace in Europe.

6.00 PM

7.00 Inside the Space Shuttle
A profile of one of the most sophisticated machines ever built, narrated by the actor Gary Sinise.

7.00 PM

8.00 Scrapheap
Siege Engine
Two teams have to build an enormous catapult and use it to destroy the other team's castle.

8.00 PM

9.00 Skyscraper at Sea
A look at the construction of the Troll gas platform – the largest concrete-based structure of its kind.

9.00 PM

10.00 Killer Earth
Journey to the Centre of the Earth
A look at the theory that dinosaurs were killed off by volcanic activity.

10.00 PM

11.00 Extreme Surfing
The story of a small group of surfers and their quest to ride waves of truly monstrous proportions.

11.00 PM

12midnight Trailblazers
Afghanistan
Photo-journalist and film-maker Nick Danziger returns to Afghanistan to visit the Kirghiz people.

12.00 NIGHT TIME

1.00am-2.00am Tanks!
The Aces
A look at tank heroes.

3.00 Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30 Ned's Newt
Reptilian adventures.
4.00 The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30 Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Ed, Edd 'n' Eddy
The adventures of the trio of namesakes with a fondness for jawbreakers.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Hang out with the cavemen behaving badly in Bedrock.
7.00 Scooby-Doo
7.30 Looney Tunes
Animated antics.
8.00 Mike, Lu and Og
The island adventures of three friends.
8.30-9.00pm Courage the Cowardly Dog

3.00 Kenan and Kel
The adventures of two funky friends.
3.30 Kenan and Kel
With Kenan Thompson and Kel Mitchell.
4.00 Sister Sister
Twice the comedy and double the fun.
4.30 Sister Sister
Fun with the terrible twins Tia and Tamera.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

3.05 Dennis and Gnasher
Dennis and Gnasher team up with their pals.
3.35 Mighty Morphin' Power Rangers
4.00 Mighty Morphin' Power Rangers
4.30 Sailor Moon
Cult Japanese cartoon.
4.55 Princess Starla and the Jewel Riders
Magical fantasy adventures.
5.20 Princess Sissi
A captivating historical romantic saga.
5.40 Breaker High
Fun on the high seas.
6.00 Goosebumps
Spooky stories.
6.25 Goosebumps
Spine-tingling tales.
6.50-7.00pm Casper

TCM
FAMILY PACK

9.00pm FILM: Gigi
Leslie Caron, Maurice Chevalier, Louis Jourdan
Musical in which a young woman from a family with loose morals is groomed to become the mistress of a wealthy man. Widescreen
1958
11.15-1.00am FILM: Signpost to Murder
Joanne Woodward
Thriller. *1965*

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 Caroline in the City
8.00 Cheers
Death Takes a Holiday on Ice
8.30 Just Shoot Me
Sweet Charity
US sitcom.
9.00 Monty Python – Parrot Sketch Not Included
The US comedy actor Steve Martin presents a selection of the team's favourite sketches.
10.25 Monty Python Reunion Special
Robert Klein interviews the comedy icons, back together again for the first time since the death of Graham Chapman.
11.35 30 Years Of Python – A Revelation
Previously unseen footage from *The Life of Brian*.
12.05am FILM: Seems Like Old Times
Chevy Chase, Goldie Hawn
Neil Simon comedy. *1980*
2.00 DiResta
2.30 Encore Encore!
3.00 It's Garry Shandling's Show
3.30-4.00am Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
Round-up of the best-sellers.
7.00 Kids Shop!
Tune in for kids' kit.
7.30 Technology Shop!
The latest technology.
8.30 Sports Shop!
Sports equipment and accessories to help with a fitness regime.
5.00pm Shop! Sale Selection
A round-up of Shop!'s best-selling sale items.
6.00 Home Shop!
Items for the home.
7.00-7.30pm Sports Shop!
Sporting equipment and accessories.

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows. Saturdays: The best of the week and children's programming. Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart*.

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

THE HISTORY CHANNEL
WORLD PACK

12noon
Tibet: The End of Time
12.55pm
Photos for the Future II
1.00
The Lusitania
Murder on the Atlantic
2.00
Biography
The Dalai Lama
3.00
Great Crimes and Trials
Martin Luther King
3.30
Great Crimes and Trials
John Christie
4.00 The Spying Game
4.30 Spies
5.00 Project Cancelled
6.00 The Hindenburg
7.00 Biography
Oliver Cromwell
8.00 Century
9.00-10.00pm The Search for the Abominable Snowman

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Butler & Wilson Fashion Jewellery at 6.00pm.

borrow £20,000 for just £187 a month

If you're thinking about borrowing a large sum of money but you don't want to lose control of your own finances, then it makes sense to talk to someone you know you can trust. Someone like Black Horse Finance.

We have your interests in mind and you can depend on us to offer you a safe and responsible way to borrow the amount you need.

With our secured Homeowner Loan you could afford to purchase almost anything you have your eye on, or you could reorganise other loans and credit into one affordable monthly repayment.

You can borrow from £20,000 to £50,000 at 9.9% APR (variable), and choose to spread the repayments for up to 20 years. Loans from £3,000 to £19,900 are also available at other rates. An optional Payment Protection Plan can cover your payments in the event of death, illness, accident, compulsory redundancy (or hospitalisation if self-employed).

If you would like to apply for a loan, you can call us free on 0800 378 151 9am-9pm Mon-Fri, 10am-5pm Sat-Sun or for hearing or speech impaired customers with their own textphone, call 0800 731 7098. Alternatively, complete and return the coupon below. Either way we won't ask you for an interview or charge an arrangement fee.

Homeowner Loan Repayments

Variable APR	Loan £	With Single Cover 240 months	With Single Cover 180 months	With Single Cover 120 months	Without Cover 240 months	Without Cover 180 months	Without Cover 120 months
9.9%	50,000	536.58	600.98	744.54	466.59	522.60	647.43
	30,000	321.95	360.59	446.72	279.95	313.56	388.46
	25,000	268.29	300.49	372.27	233.29	261.30	323.71
	20,000	214.63	240.39	297.82	186.64	209.04	258.97

Typical example: Borrow £20,000 over 120 months, at 9.9% APR (variable) and your monthly repayments without cover will be £258.97, with a total repayment of £31,076.40. Other rates are available for loans below £20,000. Loans are secured by a mortgage on your property. Written quotations are always available. Rates effective 19/02/2000.

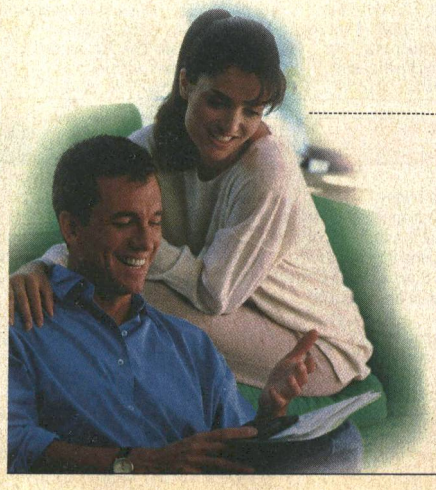
YOUR HOME IS AT RISK IF YOU DO NOT KEEP UP REPAYMENTS ON A MORTGAGE OR OTHER LOAN SECURED ON IT.

Variable APR **9.9%** on loans of £20,000 to £50,000

call us free on

0800 378 151

Black Horse Finance



Please tell me more about a **Homeowner Loan.** I am in permanent employment and my mortgage and credit payments are up to date. Please post to: Black Horse Finance Limited (DL), FREEPOST, Bournemouth BH8 8BF. Or fax to us on **01202 298327.**

Full name (Mr/Mrs/Miss/Ms) _____

Address _____

_____

_____

_____ Postcode _____ Date of birth _____

Telephone Numbers (please include your dialling code) Home _____ Work _____

I am interested in a loan of £ _____ over _____ months. Loan purpose _____

The information you provide may be used and disclosed: to our Marketing Agencies for research; as general credit information for credit decisions; for fraud prevention and tracing of debtors; to associated companies who may send you details about their products and services and to credit reference agencies to carry out a search and a record that this search was made will be shown on any later search. Offer applies to UK mainland only. Loans subject to status. Rates effective 19/02/2000.

082/M11/19.6

Sunday 9 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Journey
1997, rating Sky PG, 92 mins
7.45 The X-Ray Kid
1998, rating Sky PG, DS, 86 mins
9.15 Deal of a Lifetime
1999, rating Sky PG, DS, 91 mins
11.00 The Magic Sword: Quest for Camelot
Text *1998, rating Sky U, 82 mins*
12.30pm A Dog's Tale
1999, rating Sky U, 88 mins
2.15 Deal of a Lifetime
Supernatural comedy. When a recruitment agent for the Devil is found to be underperforming, he is dispatched to Earth to drum up some new business – or risk the wrath of his employer. Text *1999, rating Sky PG, 91 mins*

4.00 The X-Ray Kid
Robert Carradine, Justin Berfield, Mark Collie, Diane Salinger
Comedy adventure. Two boys and their babysitter battle to prevent a pair of X-ray spectacles from falling into the hands of some villains. *1998, rating Sky PG, DS, 86 mins*
5.30 The Magic Sword: Quest for Camelot
Voices of Jessalyn Gilsig, Andrea Corr, Gary Oldman
Animated Arthurian adventure. A young girl sets out to stop a wicked knight from gaining possession of Excalibur. Text *1998, rating Sky U, 82 mins*

7.00
Air Bud: Golden Receiver
Kevin Zegers, Cynthia Stevenson, Gregory Harrison, Nora Dunn
PREMIERE Family comedy sequel. When a pet dog with an amazing talent for basketball is found to be equally proficient at football, his sporting prowess soon attracts the attention of a pair of dognappers. *1998, rating Sky U, DS, 86 mins*

9.00 The Negotiator
Samuel L Jackson, Kevin Spacey, David Morse, Ron Rifkin
Action drama. Framed for the murder of his partner, a hostage negotiator resorts to taking some hostages of his own to make sure that his voice is heard. A sympathetic colleague is disturbed to find the authorities prepared to resolve the situation by violent means. Text *1998, rating Sky 15, DS, 134 mins*
11.20 The Brylcreem Boys
Bill Campbell, William McNamara,
PREMIERE Wartime drama set among internees in neutral Eire. *1996, rating Sky 15, 102 mins*
1.10am Lolita
Jeremy Irons, Dominique Swain
Controversial drama. Text *1997, rating Sky 18, 132 mins*
3.25 Cousin Bette
Jessica Lange, Elisabeth Shue
Comedy. Text *1998, rating Sky 15, DS, 104 mins*
5.15-6.00am Femmes Fatales: Uma Thurman

SKY MOVIEMAX
PREMIUM CHANNEL

6.10am Little Miss Magic
1996, rating Sky PG, 83 mins
8.00 The Soul Collector
1999, rating Sky PG, 87 mins
9.40 Same River Twice
1996, rating Sky U, 83 mins
11.10 Meet the Deedles
Text *1998, rating Sky PG, 90 mins*
12.50pm Invisible Mom II
1999, rating Sky PG, DS, 89 mins
2.30 The Soul Collector
Melissa Gilbert, Bruce Greenwood, Christina Carlisi, Todd Allen
Romantic fantasy. When an angel is chosen to experience life as a human for a short time, he does not count on the huge range of emotions he will experience. *1999, rating Sky PG, 87 mins*

4.05 Meet the Deedles
Steve Van Wormer, Paul Walker, Dennis Hopper, Robert Englund
Family comedy. A couple of surfers are mistaken for park ranger recruits and find themselves having to contend with a villainous former ranger and his sidekick. Text *1998, rating Sky PG, 90 mins*
5.45 UK Top Ten
UK box office rundown.
6.00 Special Delivery
Sean Young, Brett Cullen, Paul Dooley, Penny Marshall
PREMIERE Supernatural romantic comedy. A successful lawyer and mother is satisfied with her life – until one day she is visited by an angel. The unbelievable news she is given tests her faith – and that of those close to her – to the limit. *1999, rating Sky PG, DS, 95 mins*

8.00 Freefall
Jaclyn Smith, Bruce Boxleitner, Scott Wentworth, Chad Everett
Action thriller. A female accident investigator finds herself engaging in a frantic race against time as she battles to avert an imminent plane disaster. The airborne chaos turns out to have been engineered by a saboteur with a tragic score to settle. *1998, rating Sky 15, 88 mins*
10.00 Species II
Michael Madsen, Natasha Henstridge, Marg Helgenberger
Sci-fi thriller sequel. A team of astronauts returns to Earth, unaware that its ship is carrying a deadly stowaway. *1998, rating Sky 18, DS, 89 mins*
11.35 Last Seduction II
Joan Severance, Beth Goddard
Thriller sequel. A sultry con woman is pursued by a female bounty hunter. Text *1997, rating Sky 18, 94 mins*
1.15am Nil by Mouth
Ray Winstone, Kathy Burke
Text *1997, rating Sky 18, 123 mins*
3.25 Body Parts
Jeff Fahey, Lindsay Duncan
1991, rating Sky 18, 85 mins
4.55-6.25am Same River Twice
1996, rating Sky U, 83 mins

SKY CINEMA
PREMIUM CHANNEL

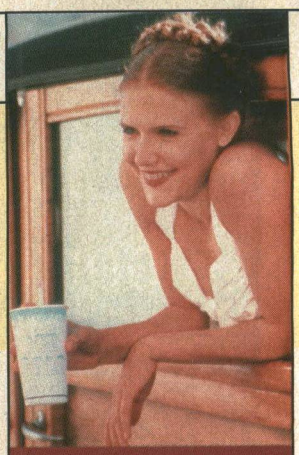
6.00am Saps at Sea
1940, rating Sky U, 56 mins
7.15 Hollywood's Favorite Son
1999, rating Sky PG, 44 mins
8.15 A Passage to India
1984, rating Sky PG, 157 mins
11.00 Great Day
1945, rating Sky U, 76 mins
12.30pm The Set Up
1949, rating Sky PG, 69 mins
2.00 Back to Bataan
John Wayne, Anthony Quinn
World War II drama. A US colonel mobilises the local guerilla movement in the Philippines. Text *1945, rating Sky PG, 87 mins*

3.35 John Wayne: American Legend
Documentary profile of the durable Hollywood icon whose career extended from the dawn of sound films into the 1970s, taking in such classics as *The Quiet Man* and *Rio Bravo.* *1998, rating Sky PG, 90 mins*
5.15 A Passage to India
Judy Davis, Victor Banerjee
Epic period drama, based on the novel by EM Forster, which explores a clash of cultures in colonial India during the early part of the 20th century. An accusation made by a naive Englishwoman against an Indian doctor while on a visit to some caverns results in a dramatic court case and, subsequently, a major scandal, polarising opinion and putting a severe strain on the relationship between colonisers and colonised. *1984, rating Sky PG, 157 mins*

8.00 The Super
Joe Pesci, Vincent Gardenia, Madolyn Smith Osborne
Comedy. An unscrupulous landlord gets a taste of his own medicine when he is forced to move into one of his own seedy apartments. Having violated housing code regulations, he is ordered by a judge to stay in one of his flats until repairs are made. *1991, rating Sky 15, DS, 82 mins*
10.00 Pretty Baby
Brooke Shields, Keith Carradine, Susan Sarandon, Frances Faye
Controversial drama set in a New Orleans brothel. Beginning her apprenticeship as a child prostitute, a 12-year-old girl receives her initiation into the ways of the world. *1978, rating Sky 18, 105 mins*
11.50 The Bawdy Adventures of Tom Jones
Nicky Henson, Trevor Howard
Musical period drama. *1976, rating Sky 15, 89 mins*
1.25am The Super
Joe Pesci, Vincent Gardenia
1991, rating Sky 15, DS, 82 mins
2.55 Pretty Baby
1978, rating Sky 18, 105 mins
4.45-6.00am The Set Up
1949, rating Sky PG, 69 mins

FILMFOUR
ADD-ON CHANNEL

2.00pm
Journey to the Centre of the Earth
James Mason, Pat Boone, Arlene Dahl, Diane Baker
Science fiction period adventure based on the novel by Jules Verne. Following in the footsteps of a legendary long-lost explorer, an Edinburgh geology professor embarks on an expedition to the centre of the planet. Also undertaking the journey are the professor's young assistant, an Icelandic guide and the explorer's widow. Their already hazardous task is made more dangerous still when they are confronted by a villainous descendant of the explorer, who hopes to exploit the expedition's findings for his own personal gain. *1959, 130 mins*
4.15 The Day the Earth Stood Still
Michael Rennie, Patricica Neal, Sam Jaffe, Hugh Marlowe
Classic sci-fi drama. An alien visitor and his robot bodyguard arrive on Earth at the height of the Cold War to deliver a grim message about the dangers of nuclear conflict. *1951, 88 mins*
6.00 The Whole Wide World
Renee Zellweger, Vincent D'Onofrio, Ann Wedgeworth
Romantic drama set in the 1930s and based on true events. A female schoolteacher meets and falls for a successful pulp writer. However, his preoccupation with his stories and devotion to his bedridden mother both appear to threaten the burgeoning romance. *1996, 112 mins*
8.00 Citizen Kane
Orson Welles, Joseph Cotten, Agnes Moorehead
Classic drama about a wealthy American newspaper baron. Born in poverty, he inherits a fortune and builds a powerful empire. However, he finds his political ambitions thwarted by his own stubborn character, and finally learns that there are things in life which money cannot buy. Text *1941, 114 mins*
10.05
My Own Private Idaho
Keanu Reeves, River Phoenix, James Russo, William Richert
Drama. A pair of young gay hustlers share a friendship which enables them to survive an often brutal existence while leading them on a journey of discovery. Text *1991, 100 mins*
11.50 Spindrift
12.10am Looks and Smiles
Graham Green, Phil Askham
Drama about two friends in Sheffield. *1981, 104 mins*
2.00 American Job
Randy Russell, Tom Wheeler
Satirical comedy. *1995, 91 mins*
3.35-6.00am Educating Rita
Julie Walters, Michael Caine
Drama. Text *1983, 106 mins*



Dominique Swain is 'Lolita' in a provocative adaptation of Vladimir Nabokov's novel. Sky Premier 1.10am

Find your favourite TV shows in seconds: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Three Wishes
Patrick Swayze, Mary Elizabeth Mastrantonio, Joseph Mazzello
Romantic fantasy set in the 1950s. A drifter is taken in by a Korean War widow after she accidentally injures him in a road accident. Although he soon offends the woman's conservative neighbours with his unorthodox ways, he enchants her children with his stories. *1995, 115 mins*
9.00 Duel in the Sun
Jennifer Jones, Joseph Cotten, Gregory Peck, Lionel Barrymore
Western drama centring on a beautiful young half-breed girl. Taken into the home of a greedy rancher and his kindly wife, she is soon catching the eye of the younger of their two sons, a ruthless and amoral tearaway. Inevitably, their mutual attraction points to tragic consequences. Text *1946, 129 mins*
11.15 All that Jazz
Roy Scheider, Jessica Lange, Ann Reinking, Leland Palmer
Musical drama about the life of an ambitious choreographer. *1979, 117 mins*
1.30am The Last Good Time
Armin Mueller-Stahl, Olivia D'Abo
Drama. *1994, 89 mins*
3.15 The Great White Hope
James Earl Jones, Jane Alexander
Boxing drama. *1970, 102 mins*
5.00-7.00am The Plainsman
Gary Cooper, Jean Arthur
Western. *1936, 113 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE PRINCE OF EGYPT
Rating U, 95 mins
Animated epic. Two young princes are brought up together. One will rule Egypt, while the other will grow up to become one of the world's greatest heroes. Voices of Sandra Bullock and Ralph Fiennes.
T/C: Animation, biblical tale.
BL: None.
S/N: None.
V: Some mild biblical horror.
6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm

Channel 51 Evening

IN DREAMS
Rating 18, 96 mins
Thriller. An artist who seems to have a mental link with a madman is haunted by dreams of impending victims. Eventually she takes a frightening course of action. Stars Annette Bening and Aidan Quinn
T/C: Psychic thriller.
BL: Frequent, strong.
S/N: Infrequent, mild.
V: Frequent, strong horror.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

8MM
Rating 18, 119 mins
Thriller. A surveillance specialist is hired to find out the truth about a sordid video found in a dead man's effects. Stars Nicolas Cage, James Gandolfini and Joaquin Phoenix.
T/C: Thriller, snuff movies.
BL: Frequent, strong.
S/N: Frequent, strong, fetish.
V: Frequent, strong.
6.15pm, 8.30pm, 10.45pm, 1.00am, 3.15am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple attempt to recover from the effects of a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Hour of Power 7.00 Tintin 7.30 Rescue Heroes 8.00 Mega Babies 8.30 Pokémon 9.00 The Simpsons 9.30 Mummies Alive 10.00 Roswell Conspiracies 10.30 Starship Troopers 11.00 WWF – Metal 12noon World Wrestling Federation – Superstars 1.00pm America's Dumbest Criminals 1.30 America's Dumbest Criminals Text 2.00 Beverly Hills, 90210 Text

3.00 Earth: Final Conflict
Old Flame
Sci-fi drama series. Boone's double-agent cover is put to an extreme test when a long-lost love resurfaces. Text

4.00 Star Trek: Deep Space Nine
Apocalypse Rising
Sisko, Odo, O'Brien and Worf enter Klingon territory on a suicide mission. Text

5.00 Star Trek: Voyager
Random Thoughts
Captain Janeway and her crew encounter a telepathic species in a world where violent thoughts are forbidden. Text

6.00 The Simpsons
Like Father, Like Clown
Krusty has dinner with the Simpsons as a thank you gesture.
6.30 The Simpsons
Mr Lisa Goes to Washington
7.00 Futurama
The Problem with Popplers
7.30 3rd Rock from the Sun
Dick and Harry Fall in a Hole
Angus rescues Dick and Harry.
8.00 Buffy the Vampire Slayer
The Pack
A group of students are possessed by the spirit of a demonic breed of hyenas. Text
9.00 The X-Files
all things
Scully embraces an alternative approach to healing as she attempts to save the life of a former lover.
10.00 V.I.P.
An aspiring actress travels to Hollywood from a small town and becomes the head of an elite bodyguard agency. Starring Pamela Anderson.
11.00 Forever Knight
Fallen Idol
A wrestler fears losing his nephew's admiration when a rival competitor is found dead. Stars Geraint Wyn Davies.
12midnight LAPD
A hard-edge series showing the day-to-day activities of the Los Angeles Police Department.
1.00am Stand and Deliver
With comedian Rudi West.
1.30 Chicago Hope
Christmas Truce Text
2.30-6.00am Long Play
Music through the night.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am The Two Ronnies 6.55 Angels 7.25 Angels 7.55 Waiting for God 8.30 Blake's 7 9.30 Dr Who Omnibus 11.00 Dynasty Omnibus
12.55pm FILM: That Riviera Touch
Eric Morecambe, Ernie Wise
Feature-length comedy. *1966*
2.50 The Bill Omnibus
Omnibus edition of the police drama series. Boulton and Croft discover that rivalry between drug dealers has tragic consequences for one of their more valuable customers. Jarvis and Rawton investigate a ram raid, and a shop owner discovers that having a trophy wife will cost him more than just money. When a teenage boy goes missing after being seen with an escaped sex offender, Conway fears the prisoner may have struck again. Meanwhile, the likely suspect in a series of grafitti attacks protests his innocence to the coppers.
5.20 Keeping Up Appearances
Hyacinth decides a new car is in order and aims rather higher than most – much to Richard's horror.
6.00 Lovejoy
Second Fiddle
When a violin virtuoso wants his prized Stradivarius turned into a fake., antique dealer.Lovejoy sets out to find out why. Text
7.05 Yes, Prime Minister
One of Us
The papers of a former MI5 head show he spied for Russia. Text
7.45 Goodnight Sweetheart
You're Driving Me Crazy
Gary faces heavy demands. Text
8.25 Only Fools and Horses
Sleeping Dogs Lie
Del, Rodney and Uncle Albert are consigned to dog watch.
9.05 dinnerladies
Holidays
Sitcom set in a canteen.
9.45 dinnerladies
Fog
A prisoner is on the loose.
10.25 Playing the Field
Geraldine has a dramatic confrontation with Dave about her infidelity, while Angie shares a passionate moment with the girl of her dreams. Text
11.30 Sunburn
Drama series about a group of British holiday reps working in sunny Cyprus.
12.35am Only Fools and Horses
1.15 dinnerladies
1.55 dinnerladies
2.35 The Scold's Bridle
Drama following the investigation into a murder of an elderly woman
4.00 The Scold's Bridle
Second part of murder drama. Text
5.25-6.00am Keeping Up Appearances

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Forgive or Forget 9.50 Relationship SOS 10.30 Brookside Omnibus
12.30pm FILM: The Disappearance of Vonnie
Ann Jillian, Joe Penny, Kim Zimmer, Graham Beckel
Fact-based drama. *1994*
2.20 FILM: Northern Lights
Diane Keaton, Maury Chaykin, Kathleen York, Joseph Cross.
Drama. A widow attends her brother's funeral only to discover that, as the only living relative, she must take charge of her young nephew – a child she never knew existed. *1997*
4.20 Maury Povich
A double bill of the compelling and personal talk show dealing with emotional conflicts. Hosted by veteran broadcast journalist Maury Povich.

6.00 Plastic Fantastic
Series about people who undergo plastic surgery.
6.30 Little Miracles
Fly-on-the-wall look at a children's hospital in Toronto.
7.00 Real Romance
Tales of first meetings, nostalgic accounts of love and romances.
7.30 Family Confidential
A glimpse at the lives of people in extraordinary circumstances.
8.00 Judge Judy
New York City's outspoken family court judge Judy Sheindlin presides over a series of real-life cases, trying to find solutions for all kinds of family issues.
9.00 Profiler
Thriller about a brilliant forensic psychologist with a gift for understanding the criminal mind. Stars Ally Walker, Robert Davi, Roma Maffia and Erica Gimpel.
10.00 Jerry Springer
A double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues and alternative lifestyles which can shock their more conventional friends and relatives.
11.45-12midnight Sex Bites

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Nearest and Dearest 6.30 Nearest and Dearest 7.00 Plus on Plus 7.30 The Two of Us 8.00 How's Your Father? 8.30 Supersonic 9.00 The Persuaders 10.00 The Darling Buds of May 11.00 The Rag Trade 11.30 George and Mildred 12noon Nearest and Dearest 12.30pm Nearest and Dearest 1.00 Maggie and Her 1.30 Second Thoughts 2.00 Bonanza

3.00 Classic Coronation Street – The Omnibus
Catch up with the week's events on the most famous street in Britain. Bet worries about the future and her loss of face with the staff. Frank Mills is back in town and turns up at the Rovers, much to Bet's surprise. Jack and Vera are still dreaming about running their own pub. Ken reads the riot act to Tracy and interviews Susan Barlow for a job at *The Recorder*. Curly Watts is over the moon. Text
5.30 Bullseye
Dart quiz show hosted by funnyman Jim Bowen.
6.00 The Darling Buds of May
The Happiest Days of Your Life – Part II
Pop finds the twins after they run away from boarding school.
7.00 Outside Edge
A two-hour screen version of Richard Harris' classic comic play about the very British game of cricket. The team captain's wife dishes out the match-day teas without complaint for years and takes his faithfulness for granted, until a chance remark makes her question it. Stars Prunella Scales, Paul Eddington and Maureen Lipman.
9.00 The Sweeney
Feet of Clay
A family receive a phone call from an unidentifiable voice and hear their son screaming.
10.00-11.00pm Tales of the Unexpected

GRANADA MEN & MOTORS
ACTION PACK

11.00pm 2 Wheels
Biking magazine show.
11.30 Kits 'n' Cruising
The motoring magazine show aimed at fans of specialist vehicles.
12midnight Ice with Jordan
Series presented by ex-rapper Vanilla Ice and glamour model Jordan.
12.30am Drivetime
VW Beatle Experience.
1.30-2.00am Motor Week
Magazine series that takes a look at the motoring industry – from car launches to the first drives of the latest models.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.20 Music Time 6.25 Pooh 6.40 Art Play 6.45 Toons 6.55 Spot 7.05 Bite Size 7.20 Circle Time 7.25 Bear 7.50 Olie 8.00 Boy Meets World 8.30 Teen Angel 8.55 Art Attack 9.25 Kids' Awards Update 10.00 Smart Guy 10.55 Kids' Awards Update 11.00 Smart Guy 11.30 Smart Guy 12noon Smart Guy 12.30pm Smart Guy 1.00 FILM: Genius *1999.* Text 2.30 Mickey Mouseworks

3.00 101 Dalmatians
Animated series based on the story of 101 Dalmatians. Text
3.30 Timon and Pumbaa
Animal animation with *The Lion King.* characters. Text
4.00 FILM: Basil the Great Mouse Detective
Voice of Vincent Price
A mouse detective embarks on the greatest case of his career when London's master toymaker is kidnapped. *1986.* Text
5.15 Honey, I Shrunk the Kids: The TV Show
Science is serious fun in the Szalinski household, where dad's an eccentric inventor. Text
6.00 Smart Guy
TJ's a smart kid who's put into tenth grade instead of the fourth.
6.30 Boy Meets World
Turkey Day
Comedy drama. Text
7.00 FILM: Tron
Jeff Bridges, Bruce Boxleitner, David Warner.
A computer genius finds himself trapped inside a video game where he's forced to play for the highest possible stakes – his own life – against a mighty electronic warrior. *1982* Text
8.35 Honey, I Shrunk the Kids: The TV Show
Honey, The Bunny Bit It Text
9.15 Thunderstone
Myah has followed Noah from North Col to Haven.
9.40 Dinosaurs
Animated adventures from the studio of Jim Henson
10.05 Home Improvement
Comedy double bill. Text
11.00 Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SUNDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Duel in the Sun
Carlton Cinema 9.00pm

Nicknamed *Lust in the Dust*, this is a deliciously lurid Western melodrama from King Vidor. Playing chalk-and-cheese brothers, both infatuated with half-breed Jennifer Jones, bad boy Gregory Peck and good guy Joseph Cotten seem to be cast in each other's roles.

GENERAL

The X-Files
Sky One 9.00pm

Today's new episode is written and directed by the series' female megastar Gillian Anderson, alias Agent Scully. In *all things*, while Mulder is off chasing crop circles in England, Scully finds herself reliving an old love affair with a married man at his deathbed.

ADVERTISEMENT UK HORIZONS

RUBY'S AMERICAN PIE 9.00PM

Ruby Wax flies back across the Atlantic and travels the country in search of her true fellow Americans. Tonight Ruby joins an all-female chain gang, and travels to Little Rock, Arkansas, to meet Paula Jones – the woman whose sexual allegations nearly brought down the president.

Sunday 9 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM MORNING	**7.00am Swimming – LIVE** **8.00 Athletics** IAAF Grand Prix in Nice. **9.30 Motorcycling – LIVE** **10.30 Motorcycling – LIVE** **11.00 Motorcycling – LIVE** **12.15pm Motorcycling – LIVE** **1.30 Motorcycling – LIVE** Action from the British Grand Prix at Donington Park.	**6.00am Euro Tour Golf: Smurfit European Open** **8.30 Saturday Fight Night: Michael Gomez v Carl Greaves** **10.30 International Cricket: Triangular One-Day International – England v West Indies – LIVE** **2.15pm Extra Cover** The latest news from the cricket scene. **2.45 International Cricket: Triangular One-Day International – England v West Indies – LIVE** David Gower introduces ball-by-ball action from the second session of the one-day international match between England and West Indies, at Lord's.	**6.00am Watersports World** **7.00 Aerobics Oz Style** **7.30 International Cricket: Triangular One-Day International – England v Zimbabwe** *Repeat from Saturday* **9.00 Soccer Extra** **12noon Australian Rules Football** **2.00pm World Pool Championships – LIVE** Coverage of the semi-final stage of the World Pool Championships from Cardiff International Arena.	**10.00am Endurance Running: Wales** **10.30 Legends Cars: Europe** **11.00 Ford Golf USA: Advil Western Open** **1.00pm Euro Tour Golf: Smurfit European Open – LIVE** Live coverage of the conclusion of The Smurfit European Open, held at the K Club in Dublin.	**8.00am Destination Space** **8.30 Cybernet** **9.00 The Incredible Hulk** **10.00 Lost in Space** **11.00 The Six Million Dollar Man** **12noon Quatermass** *What Lies Beneath* **1.00pm Quatermass** *An Endangered Species* **2.00 FILM: Journey to the Far Side of the Sun** *Ian Hendry, Roy Thinnes, Lynn Loring, Herbert Lom* An astronaut dispatched to a newly discovered planet on the other side of the sun finds himself in a world the mirror image of our own. *1969*	**6.00am Select MTV** **9.00 Hit List UK** **10.00 The Real World** Four back-to-back episodes of the docu-soap where seven strangers are thrown together as housemates for six months. **12noon Weekend Edition** Showbiz and music industry news from the past week. **12.30pm Select MTV** A three-hour special of MTV's interactive jukebox, with Richard Blackwood. **3.30 Weekend Edition** Showbiz and music industry news.
3.00 PM	**3.00 Cycling – LIVE** Coverage of the ninth stage of the Tour de France from Agen to Dax.					
4.00 PM					**4.00 FILM: Swamp Thing** *Adrienne Barbeau, Ray Wise, Louis Jordan* The experiments of a scientist working to create a new species, while hidden away in a swamp, causing him to be transformed into a mutant. *1990* **5.45 Sci-Focus Special**	**4.00 Trevor Nelson's Classic Archive R&B Selection** Trevor has a look at some of the best old school R&B tracks.
5.00 PM	**5.00 Swimming** Action from the European Championships in Helsinki, Finland. This includes the finals of the women's 50m backstroke, women's 200m butterfly, men's 50m freestyle, women's 400m freestyle and the women's 4x100m individual medley.		**5.30 Endurance Running: Wales** Runners are pushed to the limit in challenging conditions.			**5.00 Essential Mariah Carey** A look at the rise of the diva turned R&B queen. **5.30 Ultrasound: TLC** TLC under the spotlight.
6.00 PM	**6.30 Car Racing** Motor racing action from the 2000 American Le Mans Series, held in Nürburgring, Germany.	**6.30 Extra Cover** The latest cricket news.	**6.00 Sports Unlimited** A comprehensive look at the world of alternative sports including spectacular footage.	**6.00 Legends Cars: Europe** Replica classic car race. **6.30 Endurance Running: Wales** Running challenge.	**6.00 Babylon 5** *Comes the Inquisitor* G'Kar rallies the Narns on the station to uphold the resistance effort against the Centauri.	**6.00 Trevor Nelson's All-Time Top 10 R&B Selection** Trevor Nelson selects his 10 favourite R&B tracks of all time.
7.00 PM	**7.45 Superbike – LIVE** The first race of the ninth round of the World Championship, held in Laguna Seca, California.	**7.00 Super League – LIVE** Eddie Hemmings and Mike Stephenson introduce another live match from the Super League.	**7.00 World Pool Championships – LIVE** Frame-by-frame action from the final of the World Pool Championships at the Cardiff International Arena. Find out who will be crowned this year's world champion.	**7.00 Table Tennis: Croatian Open** Action from Zagreb as world class players vie to become this year's Croatian Open champion.	**7.00 Babylon 5** *The Fall of the Night* Earth reacts to the Centauri's rapid invasion of several worlds – but it's not what Sheridan expected.	**7.00 Weekend Edition** **7.30 Ultrasound: Biggie – A Life Story** A look into the life of murdered rapper Notorious BIG, aka Biggie Smalls.
8.00 PM				**8.00 Ford Golf USA: Advil Western Open – LIVE** The conclusion of this year's Advil Western Open tournament, staged at Cog Hill Golf and Country Club in Lemont, Illinois. Last year Tiger Woods lifted the trophy and regained his number one ranking. The eventual winner of this year's competition is set to take home a winner's share of $540,000.	**8.00 Psi Factor: Chronicles of the Paranormal** *Super Sargasso Sea* An investigation into mysterious skyfalls.	**8.00 FANatic: The Search for Brandy's Number 1 Fan** **8.30 Making the Video: Sisqo – Thong Song**
9.00 PM	**9.00 Cycling** Highlights of today's action from the Tour de France including reactions, interviews and statistics.	**9.15 International Cricket: Triangular One-Day International – England v West Indies** Highlights from the day's play between England and the West Indies at Lord's.			**9.00 Tekwar** *Unknown Soldier* Jake befriends a beautiful young woman who turns out to be an enhanced killing machine.	**9.00 Celebrity Death Match** Another double helping of claymation celebrity fights.
10.00 PM	**10.00 SportsCentre** Live sports news bulletin. **10.15 Swimming** Highlights of the day's events at the European Championships in Helsinki.		**10.30 Endurance Running: Wales** Runners pushing themselves to the limit.		**10.00 Fortean TV** A look at the wonders of the natural world. **10.30 Stranger than Fiction** *Abducted – Part II*	**10.00 Loveline USA** Dr Drew and Adam Carolla try to solve viewers' problems and offer relationship advice.
11.00 PM	**11.30-12.30am Superbike – LIVE** Coverage of the second race of the ninth round of the World Championship in Laguna Seca, California.	**11.15 Table Tennis: Croatian Open** Action from Zagreb as world class players compete to become this year's Croatian Open champion.	**11.00 Euro Tour Golf: Smurfit European Open** Highlights from the final day's play in the Smurfit European Open, held at the K Club in Dublin.	**11.00 Legends Cars: Europe** Replica classic cars race around Brands Hatch. **11.30-12midnight Asian Sports Show**	**11.00 Into Pitch Black** A sneak preview of the new movie *Pitch Black.*	**11.00 Bytesize MTV** Highlights from different MTV stations around the world, in short soundbites.
12.00 NIGHT TIME		**12.15-2.15am Super League** The latest action from the Tetley's Bitter Super League. **2.15-2.45am Sports Auction: Golf Auction Preview**	**1.30am-4.30am Ford Golf USA: Advil Western Open** Coverage of the conclusion of the Advil Western Open, held at Cog Hill Golf and Country Club in Lemont, Illinois.		**12midnight American Gothic** *Triangle* **1.00am Twin Peaks** **2.00 FILM: Vampira** *David Niven, Andrea Allen* A satire about Dracula. *1976* **3.40-4.00am Sci-Focus Special**	**12midnight brand:new** **1.00am The Lick R&B Chart Show** Trevor Nelson counts down the biggest R&B tracks. **2.00-6.00am Night Videos** VJ-free music videos right through the night.

LIVE MOTORCYCLING: MOTOGP GREAT BRITAIN EUROSPORT FROM 9.30AM

Donington Park is the venue for rip-roaring motorcycling action with the MotoGP of Great Britain. One man to look out for is Spain's Carlos Checa (pictured). The Barcelona-born rider had his spleen removed after suffering a horrific accident here in 1998. Since then he has done remarkably well to climb so near to the top of the 500cc standings. Checa's compatriot Alex Criville will also be a threat in that category, while the home crowds can cheer on Jeremy McWilliams.

PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 FILM: Watch Me 11.40 Sex Court 12midnight Freeview 12.12am FILM: Club Godiva 1.30 Adult Feature 1.40 FILM: Forbidden Cravings 2.55 Caught at Home 3.10 Sizzling Suburban Couples 3.55-4.00am Quick Strip

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12:10am FILM: Betrayed 1:00 The Five Minute Freeview 1:05 FILM continues 1:20 FILM: Infinite Bliss Erotic drama. **2:30 FILM: Intrigue 3:40-4.00am Starry Nights**

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 8.00 Emma 9.00 It's the Weekend 10.00 Video Timeline: Sting 10.30 VH1 to One: Whitney Houston 11.00 Behind the Music: Celine Dion 12noon Talk Music 12.30pm Greatest Hits: The Corrs 1.00 Ed Sullivan 1.30 Greatest Hits: Tom Jones 2.00 It's the Weekend

3.00 VH1 Divas 2000
Another chance to see the soul divas of the millennium in a special concert from Madison Square Gardens in New York City as Diana Ross, Mariah Carey, Donna Summer and Destiny's Child take the stage.

5.00 The Men Strike Back
VH1 present Sting, Tom Jones, the Backstreet Boys, D'Angelo, Christina Aguillera, Sisqo and Enrique Iglesias performing live in concert.

7.00 The VH1 Album Chart Show
Paul King presents the latest rundown of the best-selling albums of the week in the UK.

8.00 It's the Weekend with Jules and Gideon
A special report from last weekend's gay and lesbian London Mardi Gras Festival at Finsbury Park.

9.00 Behind the Music: Elton John
Forever larger than life, the music, the highs and the lows of Elton's career – a rock star and now a knight.

10.00 Behind the Music: Cher
A documentary on the rise, fall and rise again of the remarkable singer who also turned to movie-acting with award-winning success.

11.30 Greatest Hits: Tom Jones
A look at the biggest voice from the valleys.

12midnight Video Timeline: Sting
A fast-moving video music biography of the singer.

12.30am Greatest Hits: Whitney Houston
1.00 VH1 Country
2.00 VH1 Soul Vibration
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Croc Files
1.00 Emergency Vets
1.30 Emergency Vets
Trials and life at the animal ER in Denver.
2.00 Vets on the Wildside
Series about the problems faced by vets caring for South Africa and Zimbabwe's diverse wildlife species.
2.30 Vets on the Wildside

3.00 Wild Rescues
Incredible tales of people saving animals and animals saving people.
3.30 Wild Rescues
More incredible tales.
4.00 Call of the Wild
Drama series based on Jack London's novel about a young man and a dog surviving in the Yukon gold-rush wilderness.

5.00 Monkey Business
Series about Dorset's chimpanzee sanctuary.
5.30 Monkey Business
6.00 Animal Legends
Series featuring remarkable tales and legends about animals.
6.30 Animal Legends
More remarkable tales.

7.00 Wildlife Police
A series on the fight against animal cruelty.
7.30 Wildlife Police
A series on the fight against animal cruelty.

8.00 Wild Rescues
How humans and animals can protect each other.
8.30 Wild Rescues
How humans and animals can protect each other.

9.00 The Last Paradises
Ngorongoro
9.30 The Last Paradises
Llanos

10.00 Game Park
Life and Death
Documentary following the work of keepers in the Hluhuwe Umfolozi Park in South Africa.

11.00-12midnight Untamed Africa: Mother Courage
A film about Duma, the mother of the cheetahs in the Masai Mara.

CABLE CHECK
Some of the channels listed may not be available in your area

ITV2
ACCESS PACK

9.25am
Sunset Beach Omnibus
Runaway Tiffany finds a new home but turns out to be quite a handful. Meanwhile Meg is caught spying while Annie causes trouble for everyone. Michael saves the life of a local reporter.
1.10pm Home and Away
Four back-to-back episodes of the Australian teen soap set in Summer Bay.

3.10 Emmerdale Omnibus
Another chance to catch last week's episodes of the primetime rural soap.

4.35 Coronation Street Omnibus
Last week's episodes for the ratings-winner ITV primetime soap, now nothing less than a national institution. Text

6.30 Heartbeat
Puppet on a String
PC Ventress uncovers the truth behind an old adversary's unwelcome return to Aidensfield. Text
7.30 CD: UK
The music chart show with the latest acts and chart hits live in the studio.

8.30 Home and Away
More daily dramas with the Australian residents of Summer Bay.

9.00 Grafters
Drama series about a pair of Geordie brothers who head south to renovate the London home of a well-to-do couple. Text

10.00 Coronation Street
The episode shown earlier today on ITV. Text
10.30 Trial and Retribution 3
First of a two-part drama by Lynda La Plante which follows Detectives Walker and North on another tense investigation. A 15-year-old girl goes missing, and the detectives soon have two suspects. Text
12.30am A Week on the Wild Side
Demon Racer
Series which follows ordinary people 24 hours a day.
1.30-2.30am Trisha

UK STYLE
LIFESTYLE PACK

7.00am Can't Cook, Won't Cook 7.30 Ready, Steady, Cook 8.00 House Invaders 8.30 The House Doctor 9.00 All the Right Moves 9.30 Antiques Treasure Trail 10.00 Holiday in Style 11.00 Holiday Swaps 11.30 Spa Trek 12noon Holiday Guide to... 1.00pm Looking Good 1.30 Fresh Food 2.00 Delia Smith's Summer Collection 2.30 Delia Smith's Summer Collection

3.00 Ainsley's Meals in Minutes
Ainsley Harriott creates meals in minutes.
3.30 Two Fat Ladies
Pony Club
4.00 Can't Cook, Won't Cook
Cookery challenge.
4.30 Ready, Steady, Cook
Chefs create new recipes.
5.00 House Invaders
DIY show in which homes are given a facelift.
5.30 The House Doctor
Home improvement series.
6.00 All the Right Moves
Quentin Willson hosts the consumer property series.
6.30 Antiques Treasure Trail

7.00 Holiday in Style
This programme has reports from Tunisia, Jamaica, San Francisco, Estoril, County Antrim and West Cork.

8.00 Holiday Swaps
Holidaymakers swap their pre-booked breaks at the airport for a surprise.
8.30 Spa Trek
Jamaica – Charlie's Spa

9.00 Holiday Guide To...
The Indian Ocean Islands
Craig Doyle visits Sri Lanka and Alison Comyn explores the Seychelles.

10.00 Looking Good
The fashion and beauty series for women.
10.30 Fresh Food
Rick Stein explores the universal passion for food.
11.00 Delia Smith's Summer Collection
A Fruitful Summer
11.30 Delia Smith's Summer Collection
A Vegetarian Summer
12midnight Ainsley's Meals in Minutes
12.30am-1.00am Two Fat Ladies
Pony Club
A blend of cookery and comic exploits, presented by Jennifer Paterson and the late Clarissa Dickson Wright.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Crater Lions of Ngorongoro 8.00 Sense of Timing 8.30 Making Sense 9.00 Amazon – Forest of Cats 10.00 A Rough History of... 10.30 The Lost Temple of Java 11.30 A Rough History of... 12noon Top Gear GTi 1.00pm Too Close to the Sun 2.00 The Crater Lions of Ngorongoro

3.00 Sense of Timing
Supersense
How animals sense time.
3.30 Making Sense
Supersense
The senses of animals.
4.00 Amazon – Forest of Cats
Savage Wilderness
Exploring the Amazon rainforest, home to exotic creatures like the jaguar.
5.00 Top Gear GTi
The *Top Gear* team tests the latest models and casts a critical and experienced eye over the latest motoring news.
6.00 Ike and Monty: Generals at War
Reputations
Series of historical biographies on figures of the last century. Text

7.00 Pharaohs and Kings
In this three-part series, Egyptologist David Rohl reveals new theories on the history of the ancients.

8.00 Prince William
A profile of the eldest son of the heir to the throne, which looks at what the future may hold for him.

9.00 Ruby's American Pie
Chain Gang Text
9.30 Ruby's American Pie
Paula Jones Text

10.00 Great Railway Journeys
Aleppo to Aqaba
Alexei Sayle explores the Middle East in his own inimitable way.

11.00 999
More true stories of heroism. Text
12midnight-1.00am Hole in the Head

UK PLAY:
1.00am Play Late: Flatmates 1.30 Pick'n'Mix 2.00 Judge Jules's DJ Anthems 2.30 Soundtrack to My Life 3.30 Bally Dung Radio 4.30 Joe's Pop Shop 5.00 The Chris Moyles Show 5.30 The Sound of Play 6.30-7.00am The Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am First Taste 7.30 Coxon's Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 Thoroughly Modern British 9.30 Newman Meets 10.00 Spice World 10.30 Simply Baking 11.00 Slice of the Action 11.30 From the Ground Up 12noon Scotland's Larder 12.30pm Peter Gordon's Pacific Food 1.00 Coxon's Kitchen College 1.30 Nancy Lam's Wok Wiz 2.00 Network Daily 2.45 Quick Cooks

3.00 Cocktail Challenge
Cocktail-mixing gameshow hosted by Paul Coia.
3.30 Cucina Valentina
Rice
4.00 Simply Baking
Batters
Baking with Andrew Nutter.
4.30 Picture This
Food magazine series aimed at deaf people.
5.00 Superchefs
5.30 Scotland's Larder
6.00 Coxon's Kitchen College
6.30-7.00pm Use Your Loaf

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Amazing Creatures: Phantom of the Taiga
A look at a wolf of folklore.
7.30 The Problem Leopard
8.00 In the Shadow of the Tiger
The huge Russian Taiga forest is the endangered Siberian tiger's best chance for survival.
9.00 Tiger!
Actress Sarita Choudray meets a fierce carnivore and also a victim of senseless slaughter – the royal Bengal tiger.
10.00 Tigers of the Snow
Only about 300 Siberian tigers, one of the world's greatest cats, are now thought to exist in the wild.
11.00 The Cheetah Family
Cheetahs have survived in the harsh environment of the Serengeti but are now declining in numbers.
12midnight-1.00am Ivory Pigs
Warthogs have a dubious reputation but are fascinating characters of the African Bush. As pigs, they evolved to live in woodlands and so life on the open plains presents numerous problems.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Strike it Lucky
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
7.30 Winner Takes All
8.00 Stars in Their Eyes
Amateur singers get the chance to be their favourite star for the night.
8.30 Candid Camera
9.00 Whittle
9.30 Strike it Lucky
10.00 Endurance UK
10.30 Family Fortunes
11.00 Gladiators
Super-fit members of the public face the Gladiators.
12midnight Beadle's About
12.30am Stars in Their Eyes
1.00 Candid Camera
1.30 Absolute Cobblers
2.00 Karaoke Challenge
Morecambe
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30-5.00am Move on Up

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Set in Stone 6.30 The Diceman 7.00 Screaming Reels 7.30 Hooked On Fishing with Paul Young 8.00 How to with B & Q 8.05 A Car Is Born 8.35 Our House Down Under 9.05 This Old House with Steve and Norm 9.35 This Old House with Steve and Norm 10.05 How to with B & Q 10.10 Total Fishing with Matt Hayes
10.40 Fishing Australia
11.10 Go Fishing
11.40 Wood Wizard
12.10pm How to with B & Q
12.15 The House Doctor
12.45 The House Doctor
1.15 Deals on Wheels
1.45 The New Yankee Workshop
2.15 How To with B & Q
2.20 Village Green
2.50 Time Team
3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Chilli Factor 10.30 That Film Show 11.00 Trainspotters 99 In the Mix 12noon Scratch TV 12.30pm Boardstupid 1.00 buzz:tracks 2.00 e-trippers 2.30 Fearless 3.00 Trainspotters 99 4.00 Ibiza 2000 4.30 High Adrenalin Action 5.00 Chili Factor 5.30-6.00pm That Film Show

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Sunday 9 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Tabaluga 5.30 Blinky Bill 6.00 Fly Tales 6.30 Flying Rhino Junior High 7.00 Fat Dog Mendoza 7.30 Ned's Newt 8.00 Mike, Lu and Og 8.30 Dragonball Z Rewind 11.00 Johnny Bravo 11.30 The Mask 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 The Flintstones 1.30 Scooby-Doo 2.00 I Am Weasel 2.30 Courage the Cowardly Dog

NICKELODEON
FAMILY PACK

7.00am Jumanji 7.30 The Three Friends... and Jerry 8.00 SpongeBob Square Pants 8.30 Kenan and Kel 9.00 Rugrats 9.30 Rocket Power 10.00 Angry Beavers 10.30 Hey Arnold! 11.00 Cousin Skeeter 11.30 Sabrina the Teenage Witch 12noon Rugrats 12.30pm Rugrats 1.00 Rugrats 1.30 Rugrats 2.00 Renford Rejects 2.30 Renford Rejects

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Happy Ness 7.30 Princess Sissi 7.55 Princess Starla and the Jewel Riders 8.20 Sailor Moon 8.45 Digimon 9.10 Digimon 9.35 Spiderman 10.00 The New Addams Family 10.20 Casper 10.30 Goosebumps 11.00 Dennis and Gnasher 11.30 Ace Ventura 12noon It's Your Call: Digimon v Oggy and the Cockroaches 1.15pm Inspector Gadget 1.45 Walter Melon 2.10 Life with Louie 2.35 Donkey Kong Country

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 6.30 Face 7.00 News 10.30 Science 11.00 News 11.10 Dateline London 12noon News 12.30pm Face 1.00 News 2.30 Reporters 3.00 News 3.30 Science 4.00 News 4.30 Seven Days 5.00 News 7.30 Sportsday 8.00 News 8.30 Euro 9.00 News 9.30 Reporters 10.00 News 10.30 Sportsday 11.00 News 11.30 London 12midnight News 12.30am USA Direct 1.00 News 2.30 Europe 3.00 News 3.30 London 4.00 News 4.45 Asia 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 CNNdotCOM 6.30 Business 7.30 Europe 8.30 Sport 9.30 World Beat 10.30 Sport 11.30 Hotspots 12.30pm Diplomatic 1.00 Report 2.30 Africa 3.30 World 4.30 Showbiz 5.00 Late Edition 6.30 Business 7.30 Europe 8.30 Artclub 9.30 CNNdotCOM 10.30 Sport 11.00 WorldView 11.30 Style 12midnight WorldView 12.30am Science 1.00 WorldView 1.30 Asian 1.45 Asia Business 2.00 CNN & TIME 3.30 Artclub 4.30-5.00am Pinnacle

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 The Sharp End 10.00 Sunday with Adam Boulton 11.30 Book Show 12noon News 1.30pm Fashion TV 2.00 News 2.30 Showbiz 3.30 Technofile 4.30 Sunday with Adam Boulton 5.00 Live at Five 7.30 Sportsline 8.30 The Book Show 9.30 Showbiz Weekly 10.00 News at Ten 12.30am CBS Evening News 1.30 Sunday with Adam Boulton 2.30 Fashion TV 3.30 Book Show 4.30 Week in Review 5.30-6.00am CBS Evening News

INTERNATIONAL

SAT1 6.00am Das Urteil 7.00 Weck Up 8.00 Die Wochenshow 9.00 Alf 9.30 Hausmeister Krause 10.00 Zwei Zum Verlieben 11.00 Baywatch 12noon VIP 1.00pm MacGyver 2.05 Air America 3.05 Clueless 3.35 Sabrina 4.05 Dawson's Creek 5.00 Blitz 5.30 Wetter 5.45 Die Barilla Comedy-Küche 6.00 Nur die Liebe Zählt 7.15 Der Feind in Meinem Bett 9.15 Liebe Nachbarn 9.45 Planetopia 10.30 News & Stories 11.20 So Gesehen 11.25-12midnight MacGyver

TV5 5.00am Journal Télévisé 5.15 Journal des Journeaux 6.00 Infos 6.05 Les Zaps 6.30 Les Zaps 7.00 Journal Télévisé 7.30 Les Zaps 8.00 Infos 8.05 Découverte 8.30 Les Carnets du Bourlingueur 9.00 Journal 9.15 La Fête des Bébés 9.30 Va Savoir 10.00 Infos 10.05 Thalassa 11.00 Infos 11.05 Grands Gourmands 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal Télévisé 1.15 L'école des Femmes 3.00 Journal Télévisé 3.15 Questions 3.30 Gros Plan 4.00 Infos 4.05 Kiosque 5.00 Journal Télévisé 5.15 Vélo Club 6.00 Grands Gourmands 6.30 ARTE Info 7.00 Journal Télévisé 7.30 Journal Télévisé et Le Journal du Temps 8.00 Infos 8.05 Faut pas Rêver 9.00 Journal Télévisé 9.15 Le Causse d'Aspignac 11.00 Le Journal du Tour 11.30-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Sant Darshan 8.30 Swami Vishvas 9.30 In Search of Peace 10.00 Holy Quran 10.30 Jai Veer Hanuman 11.30 Health 12.30pm Pakistan 1.00 Khiladi 1.30 FILM 4.00 MTV 5.45 Sahil Se Dur 6.30 Aur Aap 7.00 Close Up Encounters 7.30 MTV Made in India 8.00 Wilaytee Babu 8.30 FILM 11.30 Toofan TV 12midnight MTV 12.30am Aur Aap 1.00 FILM 4.00 Wilaytee Babu 4.30 Sahil Se Dur 5.30 Geet Baney Sangeet 6.00 Khiladi 6.30 DD Programme 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Kya Scene Hai 6.30 Shabads 6.45 Holy Quran 7.00 Faith: Sikhism 7.30 News 8.00 Karobari Duniya 8.30 Best of India 9.00 Ru Ba Ru 9.30 Out and About 10.00 Mahabharat 11.00 Bodymatters 11.30 Behind the Headlines 12noon FILM 3.00pm Sa Re Ga Ma 4.00 Zee and You 4.30 Rasm E Ashnai 5.30 Super 7 Muqabla 6.00 A Day Out with a Star 6.30 Yeh Hain Mere Apne 7.00 Pride Antakshari 7.30 Basera 8.00 News 8.30 FILM 11.30 Agni Chakra 12midnight Punjabi News 12.15am News 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Mama Miya 5.30-6.00am Sa Re Ga Na

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV – Ballads 5.30 Life is for Living 6.00 Life in the Word 6.30 A Voice to the Nations 7.00 Changing Your World 7.30 CMTV 8.00 In Touch 8.15 Order My Steps 8.30 CMTV 9.30 A Word from God 10.30-11.00am Origin

BLOOMBERG
WORLD PACK

2.00am Market Movers 2.15 Fund Focus 3.15 European Weekly Review 3.45 Food for Thought 4.15 Finer Things 4.45 Weekly Preview 5.54-6.00am Helpdesk

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 11.00 Straight Talk 11.30 European Focus 12noon America This Week 3.00pm Holyrood 3.30-12midnight House of Lords

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM

4.00pm
Wings of Tomorrow
Air Dominance
A look at the fastest and most advanced fighter aircrafts of the future.

5.00 PM

5.00 Robot Warriors
Documentary looking at the advanced use of computers and robotics in warfare and its implications for the future.

6.00 PM

6.00
Crocodile Hunter
Return to the Wild
Steve Irwin takes his father on a search for an injured rogue crocodile.

7.00 PM

7.00
The History of Writing
A survey of writing from its origins in Mesopotamia to modern multimedia technologies of today.

8.00 PM

8.00 Mysterious Man of the Shroud
A search for answers to the mystery of the Turin Shroud with attempts to reconstruct the man's appearance.

9.00 PM

9.00 Dead Sea Scrolls: Unravelling the Mystery
Decipher the ancient scrolls' cryptic meaning using modern technology.

10.00 PM

10.00 On the Trail of the New Testament
A look at evidence that can prove that an ancient papyrus was written during the life of Jesus.

11.00 PM

11.00
Medical Detectives
The Killing Room
11.30
Medical Detectives
Sealed with a Kiss

12.00

12midnight Planet Ocean
The Sea of Evil
A look at weird phenomena that are revealing untold facts peculiar to the seas.
1.00am-2.00am Seawings
The Dauphine
A look at action witnessed by coastguard crews.

NIGHT TIME

3.00
Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30 Ned's Newt
Reptilian adventures.
4.00
The Powerpuff Girls
Animated adventures with the pint-sized heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animated adventure series.
5.30 Ed, Edd 'n' Eddy
More namesake nonsense with the three friends.
6.00 Tom and Jerry
Madcap comic antics with the cat and mouse duo.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky schemes with the hungry hound.
7.30 Looney Tunes
8.00 Mike, Lu and Og
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm FILM: Whose Life is it Anyway?
Richard Dreyfuss, John Cassavetes, Christine Lahti
Drama. A witty and intellectual sculptor is severely paralysed after an automobile accident and fights for his right to be left alone to die, rather than live and be dependent on others. *1981*
11.20-1.00am FILM: Beware, My Lovely
Robert Ryan, Ida Lupino
Thriller about an amnesiac psychopath. *1952*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

3.00 Kenan and Kel
The adventures of two funky friends.
3.30 Kenan and Kel
Starring Kenan Thompson and Kel Mitchell.
4.00 Sister Sister
Tia and Tamera and their respective single parents all try to live together.
4.30 Sister Sister
Double trouble antics.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Cheers
For Real Men Only
8.30 Just Shoot Me
The Experiment
Maya conducts an experiment.
9.00 Frasier
Three Dates and a Break-Up – Part I
9.30 Frasier
Three Dates and a Break-Up – Part II
10.00 FILM: Monty Python and the Holy Grail
Graham Chapman, John Cleese, Michael Palin
Arthurian spoof. Anarchy ensues when the Knights of the Round Table set off in search of the titular prize. *1975*
11.40 Eurotrash
With Antoine De Caunes.
12.10am Clive Anderson Talks Back 12.50 Still In Bed With MeDinner 1.20 Rex the Runt 1.30 Duckman 2.00 DiResta
2.30 Encore Encore!
3.00 It's Garry Shandling's Show
3.30-4.00am Abbott and Costello

3.05
Dennis and Gnasher
3.35 Mighty Morphin' Power Rangers
The original series returns by popular demand.
4.00 Mighty Morphin' Power Rangers
4.30 Sailor Moon
Cult Japanese cartoon.
4.55 Princess Starla and the Jewel Riders
The magical adventures of Princess Starla.
5.20 Princess Sissi
A captivating romantic historical saga.
5.40 Breaker High
6.00 Goosebumps
6.25 Goosebumps
6.50-7.00pm Casper
More mischievous capers with the friendly ghost.

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
A round-up of the best-sellers on Shop!
7.00 Sports Shop!
A selection of sports items and equipment.
7.30 Entertainment Shop!
Sound and vision equipment by popular brands.
8.30 Home Shop!
Some of the best-sellers from *Home Shop!*
4.00pm
Shop! Sale Selection
A round-up of the best-selling sale items.
6.00 Jewellery Shop!
A selection of jewellery.
7.00-7.30pm Home Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows. Saturdays: The best of the week and children's programming. Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

THE HISTORY CHANNEL
WORLD PACK

12noon The Hindenburg
Disaster Strikes
Final part in the account of the *Hindenburg* disaster.
1.00pm Biography
Oliver Cromwell
2.00 Century
Vox Pops
3.00 The Search for the Abominable Snowman
4.00 Churchill and the Cabinet War Rooms
5.00 Decision at Dunkirk
5.30 Military Blunders
Operation Sealion – The Mission that Never Was
6.00 I, Witness
Joining Up
6.30 Clash of Wings
The Plunge into Reality
7.30 I Witness
Moving Pictures
8.00 Eagles of the Crown
The Few
9.00-10.00pm Spitfire
Battle for the Skies

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is DIY with Harry Greene at 10am.

tiny tiny tiny

SPECIAL FEATURE

SHARP DIGITAL PHOTO AND MOVIE CAMERA WORTH £550

- Fits in the palm of your hand
- Shoots still photographs and movies for viewing on the PC
- Fully portable – no need to be connected to your PC when shooting
- Includes software to process, edit, print and run your photos and movies on your new PC

For more dramatic

movies and photographs you need a Tiny PC and Digital Camera

Most PC buyers have noticed how the most innovative ideas always come from Tiny. And here's the latest – the **Tiny Entertainment Ultra Videocam** system. It includes a lightweight palm sized Sharp Digital Photo & Movie Camera worth £550 – and all the software you need to edit, retouch and dramatise moving and still pictures on the PC. You can view them on the PC system and even e-mail copies to friends and relatives.

The amazing system features the powerful Intel® Pentium® III Processor 733MHz, a 20GB hard disk and 128MB SD RAM. Besides the Sharp Digital Photo & Movie Camera, it comes with a colour printer, DVD plus a great software package worth over £1635. All for an inclusive price of £1299 inc. VAT and delivery – and there's a 12 month interest free option.

In addition, the system also includes a free Nokia 7110 Mobile Internet Phone plus free connection to Vodafone – this package alone is worth £194.99.

Phone 0800 731 2072 now for the Tiny PC Choice price list that describes all our added value systems in plain English everyone can understand. It lists all 130 Tiny UK showrooms – so you can call round for a hands on demonstration and a chat with our helpful advisers. You'll be really glad you did.

Call **0800 731 2072** for free 52-page colour price list and the Tiny showroom near you or order Online from **www.tiny.com**

tiny **feel good about your PC** tiny

TINY COMPUTERS LIMITED, REDHILL BUSINESS PARK, BONEHURST ROAD, SALFORDS, REDHILL, SURREY RH1 5YB. FAX 01293 822 514.

0% **Entertainment Ultra Videocam** – PC cash price £1299 (Inc. Delivery @ £39.95 inc VAT England & Wales mainland only). No deposit, 11 monthly instalments of £44.06, 12th and final payment of £814.34, total amount payable £1299 (0%). Or no deposit, 48 monthly instalments of £44.06, total amount payable £2114.88 (APR 29.8%). Interest calculated from day one of the agreement. Written quotations upon request. Finance subject to status. 29.8%

All trademarks acknowledged. All prices and manufacturer's specifications are subject to change without notice. Please check availability before ordering. Goods are offered for sale subject to standard conditions of sale available on request. E&OE. Intel Inside Logo, Celeron and Pentium are registered trademarks of the Intel Corporation. Tiny Computers Limited is part of the OT group. Offers subject to availability. *May not read CDRs. ▲ Subject to 12 months contract with Vodafone, subject to status. Monthly line rental charges apply, ask for details. Model of phone may vary. Standard delivery £39.95 inc VAT England & Wales mainland only. Prices may vary for Scotland, Northern Ireland and Isle of Wight.

Monday 10 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Undercover Angel
1998, rating Sky PG, DS, 88 mins
8.00 Little Heroes
1999, rating Sky PG, DS, 88 mins
9.45 The Beniker Gang
Andrew McCarthy, Charles Fields
1985, rating Sky PG, 83 mins
11.15
The Alamo: 13 Days to Glory
Alec Baldwin, Raul Julia
1987, rating Sky PG, 160 mins
2.00pm Six Days, Seven Nights
Harrison Ford, Anne Heche, David Schwimmer, Jacqueline Obradors
Romantic adventure about a hard-boiled New York magazine editor who finds herself stranded on a desert island with a man. Text
1998, rating Sky PG, DS, 97 mins

4.00 Undercover Angel
Dean Winters, Yasmine Bleeth, James Earl Jones
Romantic drama about a struggling writer who is unlucky in love until an ex-girlfriend asks him to look after their six-year-old daughter for a month. His fortunes improve as the youngster then takes it upon herself to play matchmaker.
1998, rating Sky PG, 88 mins

6.00 Everything that Rises
Dennis Quaid, Mare Winningham, Harve Presnell
PREMIERE Heart-warming and uplifting drama following the life of a family struggling to survive on an American farm. Despite their unfortunate financial situation and the many hardships they endure, love and personal sacrifice pull them through.
1998, rating Sky PG, 90 mins

8.00
Six Days, Seven Nights
Harrison Ford, Jacqueline Obradors, David Schwimmer
Romantic adventure about a hard-boiled New York magazine editor who finds herself stranded on a desert island with a handsome, hard-nosed alcoholic pilot when their plane crash-lands on the remote land. Text
1998, rating Sky 12, DS, 98 mins

10.00 As Good as It Gets
Jack Nicholson, Helen Hunt, Greg Kinnear, Cuba Gooding Jr
Romantic comedy about a sharp-tongued misanthrope who finds himself falling for a feisty waitress. He soon begins an escape from his self-imposed isolation, leading to a new awareness of the love which still exists inside him. Text *1997, rating Sky 15, 133 mins*

12.20am Touch
Bridget Fonda, Christopher Walken
Comedy drama. Text *1998, rating Sky 15, 93 mins*
2.00 Amistad
Morgan Freeman, Anthony Hopkins
Epic drama. Text *1997, rating Sky 15, 148 mins*
4.35-6.20am Everything that Rises
1998, rating Sky PG, 90 mins

SKY MOVIEMAX
PREMIUM CHANNEL

6.25am All of It
1998, rating Sky PG, 81 mins
8.00 Danielle Steel's Fine Things
1995, rating Sky PG, 137 mins
10.25 And the Beat Goes On: The Sonny and Cher Story
Musical biopic. Text *1999, rating Sky PG, DS, 86 mins*
12noon Mom's Outta Sight
1998, rating Sky PG, DS, 86 mins
1.35pm
Danielle Steel's Fine Things
DW Moffett, Tracy Pollan
Drama about a man who thinks all his dreams have come true when he meets and marries beautiful divorcee Liz, until the past threatens to wreck their happiness. *1995, rating Sky PG, 137 mins*

4.00
And the Beat Goes On: The Sonny and Cher Story
Renne Faia, Jay Underwood
Drama following the rocky relationship between the two pop stars from the 1960s until their divorce. Cher began as Sonny's backing singer but soon they became a double act and rose to meteoric fame. Text *1999, rating Sky PG, DS, 86 mins*

6.00 Barbara Taylor Bradford's Secret Affair
Janine Turner, Fionnula Flanagan, Paudge Behan
PREMIERE Emotional romantic drama. A beautiful American woman, who is engaged to be married, meets and falls in love with a dashing and daring reporter while in Venice. *1999, rating Sky PG, 84 mins*

8.00 A Bright Shining Lie
Bill Paxton, Amy Madigan, Vivian Wu, Donal Logue
PREMIERE Drama set during the Vietnam War. A Lieutenant Colonel, after a decade in Vietnam, exposes the propaganda and corruption in the South Vietnamese army to the press, and continues to badger his superiors. *1998, rating Sky 15, DS, 113 mins*

10.00 Rush Hour
Jackie Chan, Chris Tucker, Ken Leung, Tom Wilkinson
Fast moving comedy about a Hong Kong cop, called in when the Chinese consul's daughter is kidnapped, and an LAPD cop who is assigned to prevent the chaos that ensues. Text *1998, rating Sky 12, 94 mins*
11.40 Naked City: Justice with a Bullet
Scott Glenn, Courtney B Vance
Crime drama. *1998, 103 mins*
1.30am Masters of Menace
David Rasche, Catherine Bach
1990, rating Sky 15, 93 mins
3.10 Blue Valley Songbird
1999, rating Sky PG, 88 mins
4.45-6.25am Mom's Outta Sight
1998, rating Sky PG, DS, 86 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

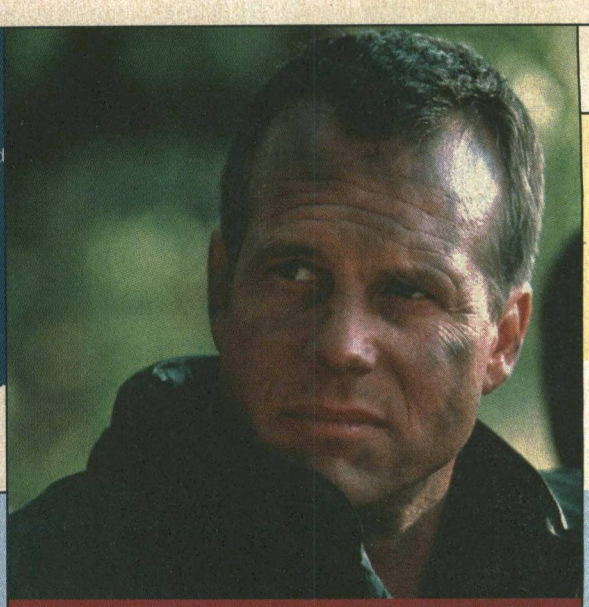
SKY CINEMA
PREMIUM CHANNEL

4.00pm
Gentleman's Agreement
Gregory Peck, Dorothy McGuire, John Garfield, Celeste Holm
Drama about a progressive journalist who decides to tackle anti-semitism in a unique way. He goes undercover in an attempt to experience exactly what it means to be Jewish in a bigotted New York. *1947, rating Sky PG, 113 mins*

6.00 Who's Harry Crumb?
John Candy, Jeffery Jones, Annie Potts, Tim Thomerson
Comedy in which an accident-prone private detective tries to solve a kidnapping case. His boss deliberately assigns him the case as part of a devious plan, hoping that the blundering gumshoe will fail. However, he surprises everyone, even himself.
1989, rating Sky PG, 86 mins

8.00 The Pope Must Die
Robbie Coltrane, Herbert Lom, Adrian Edmondson, Alex Rocco
Comedy about a former rock'n'roll musician who is inadvertently elected as Pope. Once ensconced in the Vatican, he uncovers a plot of financial corruption, bringing him into conflict with an arms dealer and various other bureaucrats. *1991, rating Sky 15, DS, 96 mins*

10.00 State of Grace
Sean Penn, Ed Harris, Gary Oldman, Robin Wright
A vivid and violent gangster yarn, set on the mean streets of New York. An undercover cop, with mob connections, is forced to infiltrate an organised crime syndicate led by his childhood friend and faces the predicament of divided loyalties. *1990, rating Sky 18, DS, 128 mins*
12.15am Dracula Has Risen from the Grave
Christopher Lee, Rupert Davies
1968, rating Sky 15, 88 mins
1.50 The Pope Must Die
1991, rating Sky 15, 96 mins
3.30 The Whales of August
1987, rating Sky U, 87 mins
5.05-6.00am Hollywood Hall of Fame: Bette Davis



Bill Paxton stars in the premiere of the Vietnam War drama 'A Bright Shining Lie'. Sky MovieMax 8.00pm

FILMFOUR
ADD-ON CHANNEL

6.00pm Blackmail
Anny Ondra, Sara Allgood, Charles Paton, John Longden
Hitchcock thriller in which a police detective uses his position in the force to protect his fiancée. She thwarts a rape attempt by stabbing a man but, unbeknown to her, there was a witness who now threatens the cover-up and demands dues to keep silent. Text *1929, 81 mins*

8.00 Riff-Raff
Robert Carlyle, Emer McCourt, Jimmy Coleman, Ricky Tomlinson
Comedy drama about a Scottish ex-con who gets a job on a building site. He becomes embroiled in the tricks of the trade that involve as little work as possible and always has an eye for some wheeler-dealing. Text *1990, 95 mins*

9.40 Ken and Rosa

10.40 The Last Broadcast
David Beard, Jim Seward, Stefan Avalos, Lance Weiler
Horror mock-documentary about the search for the Jersey Devil, the brutal murders of three would-be TV presenters in a New Jersey pine forest, and the purported innocence or guilt of the man who was later arrested and convicted of the slayings.
1998, 86 mins

12.15am Cry Radio

12.35
The Texas Chainsaw Massacre
Gunnar Hansen
Cult horror. *1974, 80 mins*
2.20 Candyman II: Farewell to the Flesh
Horror sequel. *1995, 91 mins*
3.55-5.20am Caged Heat
Thriller. *1974, 72 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Sands of Iwo Jima
John Wayne, John Agar, Adele Mara, Forrest Tucker
World War II saga following a marine platoon from training to combat. A tough sergeant, with a bitter past, takes charge of a platoon full of green recruits and seemingly makes their life a misery. However, they are well-trained when they face the brutal realities of war. *1949, 105 mins*

9.00pm Rio Conchos
Richard Boone, Stuart Whitman, Tony Franciosa, Jim Brown
Fast-paced Western about two army officers, an alcoholic ex-soldier and a womaniser who travel to Mexico on a secret mission to prevent a megalomaniacal colonel from selling a cache of stolen rifles to a band of murderous Apaches.
Widescreen *1964, 107 mins*

11.00 Chances Are
Cybill Shepherd, Robert Downey Jr, Ryan O'Neal, Josef Summer
Romantic fantasy about a widow whose late husband is reincarnated as her daughter's boyfriend. *1989, 108 mins*
1.00am The Evening Star
Shirley MacLaine, Bill Paxton
Widescreen *1996, 129 mins*
3.15 Rio Conchos
Richard Boone, Stuart Whitman
Widescreen *1964, 107 mins*
5.15-7.00am My Cousin Rachel
Olivia de Havilland, Richard Burton
Victorian melodrama. *1952, 98 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

I'LL BE HOME FOR CHRISTMAS
Rating PG, 83 mins
Comedy. A teenager has to race from California to New York to gain the Porsche his father promised him if he gets home for Christmas. Stars Jonathan Taylor Thomas and Jessica Biel.
T/C: Christmas comedy, families. BL: Occasional, mild. S/N: Infrequent, mild references.
V: None.
6.20am, 8.00am, 9.40am, 11.20am, 1.00pm, 2.40pm, 4.20pm

Channel 51 Evening

IN DREAMS
Rating 18, 96 mins
Thriller. An artist seems to have a mental link with a madman and is haunted by the dreams of impending victims. Eventually she takes a frightening course of action. Stars Annette Bening and Aidan Quinn
T/C: Psychic thriller.
BL: Frequent, strong.
S/N: Infrequent, mild.
V: Frequent, strong horror.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

JACKIE CHAN'S WHO AM I?
Rating 12, 104 mins
Action comedy. A secret agent is left behind in Africa suffering from amnesia when a mission goes wrong. He seeks the help of a local tribe in an attempt to regain his identity. Stars Jackie Chan and Ron Smerczak.
T/C: Action comedy, conspiracy.
BL: Infrequent, mild. S/N: None.
V: Occasional, moderate.
6.30pm, 8.30pm, 10,30pm, 12.30am, 2.30am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 92, 18 mins
Sci-fi action sequel. A couple attempt to recover from the effects of a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Count Duckula
6.30 Grimmy
7.00 Starship Troopers
7.30 Pokémon
8.00 Pokémon
8.30 Pokémon
9.00 The Oprah Winfrey Show
10.00 Jenny Jones
11.00 Sally Jessy Raphael
12noon Jenny Jones
1.00pm Sally Jessy Raphael
2.00 Jenny Jones

3.00 Count Duckula
The Zombie Awakes
Ducula enters a dream machine.
3.30 Pokémon
Snack Attack
Ash finds a chance to snack.
4.00 Pokémon
A Shipful of Shivers
Ash and friends face problems.
4.30 Pokémon
Meowth Rules
Team Rocket has engine trouble.
5.00 Star Trek: Voyager
Concerning Flight
Voyager is attacked and plundered of its vital technology, including the main computer core and the Doctor's holo-emitter. Text
6.00 Hercules: Legendary Journeys
More incredible tales of adventure with the mighty mythical hero. Starring Kevin Sorboard and Michael Hurst.
7.00 The Simpsons
Mom and Pop Art
Homer becomes an artist. Text
7.30 The Simpsons
They Saved Lisa's Brain
Lisa joins Mensa. Text
8.00 Star Trek: Voyager
Memorial
The crew members are haunted by strange and vivid images of a battle they don't remember fighting. Text
9.00 The West Wing
What Kind of Day Has it Been
The President is determined to secure the rescue of an American pilot shot down in the Iraqi desert.
10.00 World's Scariest Police Shootouts I
Dramatic footage of some of the most frightening shootouts that have taken place between police and criminals. Text
11.00 Uncut! The Villa
The uncompromising *Uncut!* series continues with a look behind the scenes at match-making attempts between a group of youngsters at a Spanish villa.
12midnight Star Trek: Voyager
Concerning Flight
Voyager is attacked and plundered of its vital technology. Text
1.00am New York Undercover
Kill the Noise
Rival gangsta rappers agree to call a truce after one of the rappers is fatally shot. Text
2.00-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Yes, Prime Minister Text
6.30 Goodnight Sweetheart Text
7.05 Crossroads 7.30 Dynasty
8.25 EastEnders Text
9.00 The Bill Text
9.30 The Bill Text
10.00 The House of Eliott
11.00 Knots Landing
11.55 Neighbours
12.25pm EastEnders Text
1.00 Dangerfield
2.00 Knots Landing

3.00 The Bill
Dial M for Marmalade
A woman is found strangled. Text
3.30 The Bill
Sisters
Doubts arise about a death. Text
4.00 EastEnders
Ian makes an example of Gita, while Arthur makes a spectacle of himself. Text
4.35 Neighbours
Helen is concerned about Lucy.
5.00 'Allo 'Allo!
Michelle's plans to release the British airmen from the drain under the square go awry. Text
5.40 Bread
Liverpudlian sitcom about a family of loveable rogues. Text
6.20 The Brittas Empire
Mr Brittas Changes Trains
Gordon has an important dinner but Helen has lockjaw, leaving him in need of another escort.
7.00 Just Good Friends
Vince asks his father for advice about Penny, and Penny hears about her mother's past.
7.40 Keeping Up Appearances
Hyacinth learns that Emmet is rehearsing an amateur production.
8.20 Birds of a Feather
Stand by Your Man
Darryl and Chris's release from prison looms. Text
9.00 Casualty
Love over Gold
In the first of a two-part episode, a bank heist goes badly wrong and Josh and George are taken hostage. Text
10.05 Real Women
Mandy eagerly starts her new job, only to find herself out of her depth. Susie and Jo face the reality of a new baby and Anna's lonely hearts advertisement yields surprising results.
11.10 Murder Most Horrid
Confess
A former gangland king of Essex is brought in for questioning.
11.50 The Bill
Dial M for Marmalade Text
12.25am The Bill
Sisters Text
1.00 Casualty
2.35 EastEnders Text
3.10 Real Women
4.10 Whatever Happened to the Likely Lads?
4.45 Bread Text
5.25-6.00am The Brittas Empire

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside
9.30 Home and Away
10.00 The Jerry Springer Show
10.50 Forgive or Forget
11.40 Maury Povich
12.30pm Special Babies
1.00 Plastic Fantastic
1.30 Judge Judy
2.00 Streetmate
2.30 Maury Povich
Compelling and personal talk show dealing with emotional conflicts.

3.20 Relationship SOS
Advice for people who need to revamp their relationships.
3.50 Forgive or Forget
Host Mother Love tries to resolve her guests' problems by giving them the opportunity to forgive each other.
4.40 Oh Baby
Sitcom about a single mother.
5.05 Streetmate
Davina McCall scours the country for single people with a view to finding them partners.
5.35 Ready, Steady, Cook
Cookery show.
6.10 The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in a discussion about relationship issues.
7.00 Judge Judy
Outspoken family court judge Judy Sheindlin presides over more real-life cases.
7.30 Will and Grace
US flatshare sitcom.
8.00 Charmed
Drama series about three sisters who move into a San Francisco house left to them by their grandmother and inherit her powers of witchcraft as well.
9.00 FILM: A Kiss So Deadly
Charles Shaughnessy, Dedee Pfeiffer, Tom Breznahan
Thriller about a businessman in the throws of a mid-life crisis who begins an affair with his daughter's flirtatious college roommate. However, his passions soon cause events to spiral out of control. *1996*
10.50 Secret Suburbia
A look at some seemingly ordinary suburban residents and their extraordinary lives.
11.20-12midnight Erotic Confessions
Late-night erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Shopping Across the UK 6.30 The Odd Couple 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 The Lovers 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Bless This House 2.00 Hawaii Five-0

3.00 Boon
Charity Begins at Home
First in a two-part story in which Harry organises a Charity Ball with a dodgy character who runs off with all the money.
4.00 Kojak
The Queen of Hearts is Wild
A mobster's girlfriend is witness to a cop killing but she knows her life is worthless if she co-operates with the police.
5.00 Hart to Hart
Murder Between Friends
The husband and wife detective team set out to clear the names of two prominent friends who are under suspicion of murder.
6.00 Emmerdale
Zoe is undermined by gossip. Text
6.30 Classic Coronation Street
Terry and Curly are in dispute over the sale of their junk. Text
7.00 Sorry!
Bells for Uncle Barnstable
Tim receives an unusual parcel.
7.30 Bless This House
Something of Value
Sid recieves an inheritance.
8.00 Boon
Charity Begins at Home
Final of a two-part episode in which Boon and Margaret track down the runaway Jay, but not before he's spent all the money.
9.00 Kojak
A Strange Kind of Love
A psychotic man believes he is being urged to commit murder.
10.00 Hale and Pace
10.30-11.00pm The Comedians

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Big Bang
Spectacular motoring stunts, crashes and amazing escapes. With Natasha Vale.
11.30 Ice with Jordan
Motoring series.
12midnight 2 Wheels
Weekly biking magazine.
12.30am Motor Week
Magazine series that takes a look at the motoring industry.
1.00 Motorsport Mundial
Coverage of motorsport events from around the world.
1.30-2.00am Crash and Burn
Spectacular motor crashes.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Winnie the Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Toons 10.35 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
More undersea adventures. Text
3.30 Sabrina
Spell-binding fun with the teenage witch. Text
3.55 Art Attack
Award-winning art show hosted by Neil Buchanan. Text
4.30 Recess
Animated series about the adventures and misadventures of life in the fourth grade.
5.00 Miami 7
Fun in the sun with the top pop band S Club 7. Text
5.30 Smart Guy
Pilot
More from the bright kid. Text
6.00 Boy Meets World
Everybody Loves Stuart
Cory's in trouble when he hits Topanga's professor. Text
6.30 Microsoap
Fun-filled kids' sitcom. Text
7.00 FILM: Up, Up and Away
Robert Townsend, Sherman Hemsley, Michael J Pagan
Comedy about a young boy who has to save his family of superheroes from computerised brainwashers. *2000*
8.15 Honey, I Shrunk the Kids: The TV Show
Honey, I'm Wrestling with a Problem – and the Chief Text
9.00 Flipper
Live action marine adventure in Florida with TV's most famous and best-loved dolphin. Text
9.45 Dinosaurs
Prehistoric fun. Text
10.10 Home Improvement
Comedy double bill. Text
11.00 Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

MONDAY CONTINUES OVERLEAF...

6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

CABLE CHOICE

FILM

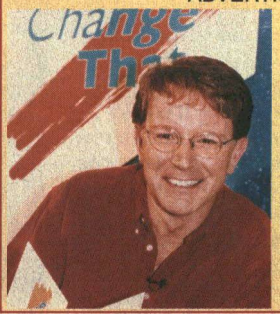
Jackie Chan's Who Am I?
Front Row see listings for details
The supporting performances are poor, and the script, though initially intriguing, is weak, but the fight sequences rock – especially all the rooftop martial artistry towards the end. Hong Kong action hero Chan is a hunted secret agent suffering from amnesia.

GENERAL

First Wave
Sci-Fi 9.00pm
This paranoid alien invasion series sees Cade Foster investigating further mysteries of the extraterrestrial kind. Today, he and three of his former colleagues find themselves part of an alien experiment that traps them in the dark recesses of their own minds.

ADVERTISEMENT

UK STYLE



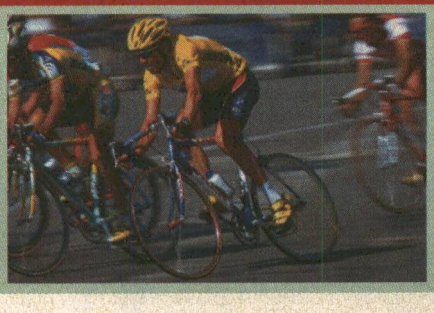
CHANGE THAT
7.30PM
In this new series, Mark Curry takes the interior design roadshow to more locations around the UK, inviting visitors to challenge a team of designers to rejuvenate their furniture and household items.

Monday 10 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM	**7.30am Motorcycling** Highlights of races from the British Grand Prix, held at Donington Park. **8.30 Cycling** Action from the Tour de France. **9.30 Cycling – LIVE** Coverage of the tenth stage of the Tour de France. Today's stage follows a 205km course from Dax to the Lourdes Hautacam. This stage is the first challenge of the Tour for the climbers and the favourites.	**7.00am Gillette World Sport Special 7.30 World Wrestling Federation – Classics 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Legends Cars: Europe 10.00 Super League** Rugby league action. **12noon Pool: World Pool Championships Final** Highlights from the final.	**7.00am Aerobics Oz Style 7.30 Racing News 8.00 Endurance Running: Wales 8.30 Euro Tour Golf: Smurfit European Open 11.00 Ford Golf USA: Advil Western Open 2.00pm Table Tennis: Croatian Open** Table tennis action from Zagreb in Croatia.	**12noon Australian Rugby League** Chris Warren presents the latest action from the Australian NRL, arguably the toughest and most intense league competition of its kind anywhere in the world. **2.00pm Super League** The latest action from the Tetley's Bitter Super League, presented by Eddie Hemmings and Mike Stephenson.	**8.00am Battlestar Galactica** *The Living Legend – Part II* **9.00 Land of the Giants 10.00 Swamp Thing 10.30 Swamp Thing 11.00 The Six Million Dollar Man 12noon Babylon 5 1.00pm Amazing Stories 1.30 Amazing Stories** *Alamo Jobe* **2.00 Battlestar Galactica**	**6.00am Select MTV 9.00 Bytesize MTV 12noon MTV Hits** Thirty minutes of chart hits. **12.30pm Weekend Edition** Showbiz and entertainment news from the past week. **1.00 MTV Hits 2.00 European Top 20** Eden Harrell runs through the singles topping the charts on the Continent.
3.00 PM		**3.00pm Golf: European Skills Challenge** Golfing action from this year's European Skills Challenge which takes place on the East Course at Wentworth. Players, including Seve Ballesteros, Paul Lawrie and Sam Torrance take part in a test of eight different shots.	**3.00 Max Power** Weekly motorsport magazine show which features touring cars, single seaters, road racing and off road events.		**3.00 Sightings** Extraordinary real-life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.	**3.00 Bytesize MTV** Highlights from different MTV stations around the world, in short soundbites.
4.00 PM			**4.00 Wheelbase Club** Motorsport enthusiasts are shown tricks of the trade by the stars, including rising Williams Formula 1 driver Jenson Button.	**4.00 Australian Rules Football** Action from the Australian Football League. Sixteen teams, including the Brisbane Lions, Western Bulldogs and the Kangaroos, compete in the gruelling 22-match Premiership season.	**4.00 Land of the Giants** *The Lost Ones* The space travellers meet a group who are also space-shipwreck victims.	**4.00 Select MTV** A two-hour special of MTV's interactive video jukebox. Call the special number, select your video from the on-screen menu, and wait for it to be played.
5.00 PM	**5.00pm NASCAR** Action from the Winston Cup Series in Loudon, New Hampshire, USA. Last year's race was won by Jeff Burton on Ford.	**5.00 World Wrestling Federation – Classics** A chance to relive classic action from the WWF's rough and tumble events of recent years.	**5.00 World Tenpin Masters** Bowling alley antics from the World Tenpin Masters, held at the Middleton Hall, in Milton Keynes.		**5.00 Swamp Thing** *Better Angels* **5.30 Swamp Thing** *Children of the Fool* Will falls for a mysterious girl travelling with a circus.	
6.00 PM	**6.00 Truck Sports** Highlights of the FIA European Truck Racing Cup in Nogaro, France. **6.30 Sumo** Coverage of the first three days of the Grand Sumo Tournament in Tokyo. **7.30 Football** A behind-the-scenes look at the preparations for Champions League final	**6.00 Sky Sports Centre** The latest news from the world of sport. **6.30 The Winning Post: Ripon/Windsor - LIVE** Summer horse racing action from the meetings at Ripon and Windsor.	**6.00 Horsepower** The latest horse racing and equestrian action. **6.30 Wheelbase Club** Motorsport enthusiasts are shown tricks of the trade by the stars, including up-and-coming Le Mans star Johnny Mowlem. **7.30 Speedway: Elite Speedway League – Wolverhampton v Poole – LIVE**	**6.00 Table Tennis: Croatian Open** Table tennis action from the Croation Open, staged in Zagreb. **7.00 Telegraph Action Sport** Extreme sports action. **7.30 Total Sport** Extreme sporting action from around the globe.	**6.00 The Six Million Dollar Man** *Cross Country Kidnap* Steve's determination to protect a computer expert is thwarted. **7.00 Into Pitch Black** A look into the darkness which focuses on the new science fiction blockbuster *Pitch Black.*	**6.00 Bytesize MTV** Highlights from different MTV stations around the world, in short soundbites. **7.00 MTV Hits** An hour of chart hits and the best tracks from up-and-coming artists.
8.00 PM	**8.00 Football** A review of the Champions League with highlights from each phase of the competition, including the semi-finals and final.	**8.30 Golf: European Skills Challenge** Golfing action from this year's European Skills Challenge which takes place on the 18th hole of the East course at Wentworth. The players take part in a test of eight different shots. Andrew Castle and Richard Boxall provide commentary on the events.		**8.00 International Bowls: Australian Five-a-Side – Doubles final** International bowls action as the Australian five-a-side tournament reaches the doubles final stage.	**8.00 The Crow: Stairway to Heaven** *The Road Not Taken* A kidnapped baby spurs Talon to get involved – exposing her to the police.	**8.00 Hit List UK** Cat Deeley presents an hour of the latest movers and chart breakers.
9.00 PM	**9.00 Cycling** Highlights of today's stage of the Tour de France including reactions, interviews and statistics.				**9.00 First Wave** *The Heist* Foster and three of his old partners-in-crime find themselves trapped in an alien experiment.	**9.00 Daily Edition** The latest news, presented by Edith Bowman and Emma Ledder. **9.30 Celebrity Death Match**
10.00 PM		**10.30 Sky Sports Centre 10.45 World Football Show** Football news and results from around the world. **11.15 World Tenpin Masters** Bowling alley antics from the World Tenpin Masters	**10.00 World Motor Sport** An essential guide to the motor racing world, including a comprehensive round-up of the biggest and most exciting meetings and a preview of forthcoming major events. With coverage of a wide range of motor sports all over the world.	**10.00 Shell's Wonderful World of Golf: Arda v De Vicenzo v Sikes** Golf from the London Hunt & Country Club in Canada. **11.00-11.30pm Cue Masters: Hendry v Drago** The 1994 International Open with Stephen Hendry taking on Tony Drago.	**10.00 FILM: Powder** *Mary Steenburgen, Lance Henriksen, Jeff Goldblum* Fantasy drama about a bald, albino boy, who is constantly taunted by his school classmates. Then he begins to display an unusual power that allows him to do amazing things which shake up his small rural neighbourhood. *1995*	**10.00 The Tom Green Show** Anarchic comedy show. **10.30 Loveline USA** Dr Drew and Adam Carolla offer relationship advice.
11.00 PM	**11.00 Motorsports** *Formula Magazine* Motorsports magazine programme					**11.00 brand:new – Live** Zane Lowe introduces a live performance from the MTV archives.
12.00 NIGHT TIME	**12midnight-12.30am Trial** Coverage of the seventh round of the trail bike World Championship series, staged at the Twin Ring Motegi, Japan.	**12.15am Sky Sports Centre 12.30 Golf: European Skills Challenge 2.30 Speedway: Elite Speedway League – Wolverhampton v Ipswich 5.00-5.15am Sky Sports Centre**	**1.00am Horsepower 1.30 Telegraph Action Sport 2.00 Total Sport 2.30 International Bowls: Australian Five-a-Side – Doubles Final 4.30 World Tenpin Masters 5.30-5.45am Sky Sports Centre**		**12midnight Lexx** *Twilight* **1.00am Monster 2.30 The Ray Bradbury Theatre** *Black Ferris* **3.00-4.00am Babylon 5** *Walkabout*	**12midnight Superock** An hour-long helping of the best new hard rock and metal tracks. **1.00am-6.00am Night Videos** MTV music videos right through the night.

LIVE CYCLING: TOUR DE FRANCE EUROSPORT 9.30AM

It may be the greatest cycle race in the world, but the Tour de France has been in all kinds of trouble in recent years with drugs allegations, rider withdrawals and go-slows by the field. It's hoped that this year's event will concentrate on great racing. Today's tenth stage, a 205km ride from Dax to Lourdes Hautacam, may see the big guns like last year's winner Lance Armstrong (pictured) leading the pack. Armstrong was the first American winner of the Tour since Greg LeMond 10 years earlier.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Girls of the Internet 11.15 Intimate Sessions 12midnight Freeview 12.12am Adult Feature 12.20 Twins Behaving Badly 2.50 FILM: Waves of Passion 2.10 Girls About Town 2.20 FILM: Seduce Me 3.45-4.00am French Teaser

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Double Agent 12.40 FILM: Boob Watch 2 1.00 The Five Minute Freeview 1.05 FILM continues 1.55 The Servant 2.20 FILM: Virgin on the Run 3.30-4.00am Sex Audition

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon Behind the Music: Vanilla Ice
VH1's documentary series takes an in-depth look at the rap star's career.
1.00pm Greatest Hits: Roxette
1.30 Pop-Up Video
2.00 Jukebox
The show that turns your TV into a music video jukebox.

4.00 The Millennium Classic Years: 1997
All the music and news from the year that Labour swept to victory in the British General Election.
5.00 Ten of the Best: Huggy Bear
The former *Starsky and Hutch* star selects his favourite videos from the VH1 archives.
6.00 Video Timeline: Rod Stewart
The lowdown on the Londoner-turned-Scot.
6.30 Greatest Hits: Roxette
7.00 Top Ten
A rundown of the VH1 playlist featuring the hit tracks of the moment.

8.00 The Millennium Classic Years: 1979
Paul King presents the music and news from the year that began 18 years of Tory rule in Britain.
9.00 The VH1 Album Chart Show
Paul King presents the biggest-selling albums of the week in the UK.

10.00 Behind the Music: Milli Vanilli
The story of the chart-topping band who were forced to admit that they didn't sing on their records.
11.00 Talk Music
Pip Dann and Mark Ellen with the latest music news and reviews.
11.30 Greatest Hits: Roxette
12midnight Ed Sullivan's Rock'n'Roll Classics
The original live music show.
12.30am Video Timeline: Rod Stewart
1.00 Hey, Watch This!
2.00 VH1 Country
2.30 Soul Vibration
3.00-6.00am VH1 Late Shift

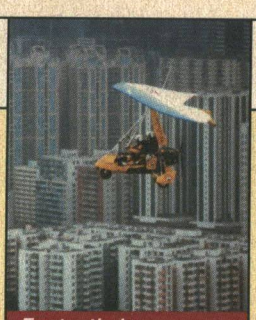
ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Australia – Queensland
1.00 Harry's Practice
1.30 Harry's Practice
2.00 Pet Rescue
2.30 Kratt's Creatures
The Heavyweights of Africa
Learn how even big animals like hippos and rhinos have to protect themselves.
3.00 Good Dog U
Canine obedience show with Joel Silverman.
3.30 Good Dog U
Joel Silverman gives advice on dog training.

4.00 Animal Planet Unleashed
With Howie Watkins.
4.30 Croc Files
Wildlife series aimed at the younger generation.
5.00 Pet Rescue
Follow the fortunes of abandoned animals.
5.30 Going Wild with Jeff Corwin
Tasmania
6.00 The Aquanauts
The explorers discover red piranhas in Venezuela.
6.30 Croc Files
A descent into the domain of the freshwater crocodile.
7.00 Champions of the Wild
Pandas with Sue Mainka
A look at a Chinese nature reserve's panda management scheme.

8.00 Wild Rescues
An exploration of the unique relationship between humans and animals.
8.30 Wild Rescues
Amazing rescue stories.
9.00 Crocodile Hunter
Reptiles of the Deep
An underwater adventure on the Great Barrier Reef and in the tropical waters off North Queensland.
10.00 The Big Animal Show
Great Elephant Adventure
10.30 The Big Animal Show
Hippos and Rhinos
11.00 Vet School
Follow the fortunes of Cambridge University veterinary students.
11.30-12midnight Vet School

CABLE CHECK
Some of the channels listed may not be available in your area



Fantastic journey: 'A Microlight Odyssey'. National Geographic Channel 9.00pm

ITV2
ACCESS PACK

4.00pm Trisha
More heartwarming and hair-raising true stories in a double bill of the chat show with Trisha and a studio audience. Text

6.00 International Motor Racing

6.30 Best and Worst

7.30 ISKA Karate

8.00 Sunset Beach
Meg is more convinced than ever that Casey is really SB, and Del is rushed to hospital.
8.50 Chart Choice
9.00 Grafters
Despite having a toddler in tow, Joe and Trevor assure Paul that the house is in safe hands. With Robson Green. Text
10.00 Coronation Street
The episode shown earlier today on ITV. Text
10.30 Emmerdale
Rural soap.
11.00 The Jerry Springer Show
Outrageous US talk show discussing unconventional relationship issues.
11.50 The Late Show with David Letterman
Top-rated chat show with major celebrity guests.
12.40am Freaky Stories
Ghoulish animation.
12.50-1.20am Best and Worst

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Our House 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 Fantasy Rooms 11.30 Repair to Remember 12noon Big Strong Girls 12.30pm Style Challenge 1.00 Wine World 1.30 Ready, Steady, Cook 2.00 Front Gardens 2.30 How Does Your Garden Grow?
Mark Jeffries and the team answer viewers' gardening questions.
3.30 Ground Force
Experts perform makeovers of viewers' gardens in just two days.
4.00 Stefan's Garden Roadshow
Gardening help and advice.
4.30 Holiday on a Shoestring
Ideas for budget holidays.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms Down Under
Presented by Suzie Wilks.
6.00 The Antiques Inspectors
Carol Vorderman and her team uncover hidden treasures from behind Britain's front doors.
7.00 Real Rooms
London Narrow Boat
Makeover show.
7.30 Change That
Interior design roadshow with Mark Curry.
8.00 Style Challenge
Fashion experts give people dream makeovers.
8.30 à la mode
Shebah Ronay delves into the world of fashion.
9.00 Rick Stein's Seafood Odyssey
Rick catches turbot off the Cornish coast.
9.30 Antiques Roadshow US
This edition of the *Antiques Roadshow* spin-off visits Seattle.
10.30 House Invaders
DIY show in which homes are given a cheap facelift.
11.00 Garden Magic
Instant solutions to gardening dilemmas.
11.30 Gardeners' World
Gardening magazine.
12midnight Ground Force
Experts have just two days to perform makeovers of viewers' gardens.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki offers help and advice on viewers' gardening dilemmas.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Cheating Hearts 7.55 The Dolphin Diaries 8.25 Chimpanzee Diary 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.20 The Time Lords 11.15 Orang-Utan Rescue 12.15pm Chimpanzee Diary 12.45 City Hospital 1.45 Dream House 2.15 Dream Wheels 2.45 Cheating Hearts
New York private detective Mike Emilianow tests the fidelity of his clients' partners.
3.45 Vets to the Rescue
Stories of pets in need with vet Trude Mostue.
4.20 Vets in Practice
Highs and Lows
With Trude Mostue. Text
4.50 Animal Hospital
Another visit to the RSPCA Harmsworth Hospital for Sick Pets in North London.
5.25 Back to the Floor
Drop in Rank
5.55 City Hospital
Gaby Roslin and her team of co-presenters report on life at Southampton General Hospital.
6.55 The Air Show
This programme looks at the future of aviation.
7.25 Disaster
October Fire
Discover how a global nuclear catastrophe was narrowly averted in 1986.
8.00 Vets in Practice
Highs and Lows
With Steve Leonard. Text
8.30 Back to the Floor
Drop in Rank
9.00 Paddington Green
Dave Chambers has trouble with Harry.
9.35 Making Marines
Witness the process by which ordinary citizens are transformed into hard-as-nails US Marines.
10.40 Billy Connolly's World Tour of Australia
A visit to a gliding club.
11.30 Secrets of the Paranormal
In Search of Jane
12midnight-1.00am Spies in the Sky

UK PLAY:
1.00am Shooting Stars 1.30 Fast Show 2.05 Vic Reeves Examines 2.35 The Smell of Reeves and Mortimer 3.10 Soundtrack to My Life 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Joe's Pop Shop 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa Bramley's Seasonal Kitchen 7.30 Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 Cooked in a Flash 9.30 Ideal Home Cooks 10.00 Slice of Life 10.30 Simply Baking 11.00 A Slice of the Action 11.30 Nancy Lam's Wok Wiz 12noon Scotland's Larder 12.30pm Cucina Valentina 1.00 Kitchen College 1.30 Five-Star Cooking 2.00 Food Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow – Cooked in a Flash
Persian flavoured chicken.
3.30 Tessa Bramley's Seasonal Kitchen
Preparing Thai fish cakes.
4.00 Simply Baking
Sponges
Baking with Andrew Nutter.
4.30 Ideal Home Cooks
With Nanette Newman.
5.00 Superchefs
5.30 Scotland's Larder
6.00 Coxon's Kitchen College
6.30-7.00pm In Season

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Ambush in Paradise
Follow the annual migration of wildebeest, zebras and gazelles to the Masai Mara in Kenya.
8.00 Destination Antarctica
8.30 Treks in a Wild World
Oklahoma, Hawaii
Kayaking around Hawaii.
9.00 A Microlight Odyssey
Follow the microlight journey around the world.
9.30 Deep into the Labyrinth
10.00 Rite of Passage
Unemployed youngsters attempt a gruelling 250 kilometre wilderness trek, which will test the limits of their endurance.
11.00 A Secret Life
John Varty, Gillian Van Houten and Elmon Mhlongo track the secret life of one of Africa's most majestic predators – the leopard.
12midnight Sumo: Dance of the Gargantuans
An insight into Japan's national sport – sumo wrestling.
12.30am-1.00am Water Witches
Meet the water diviners of New England.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
The bearded prankster catches out more members of the public.
7.30 Winner Takes All
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
Another round of mental and physical challenges.
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Grassroots 7.00 The Great Gardening Plot 7.30 The Close Guide 8.00 How to with B & Q 8.05 These Four Walls 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Grassroots 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country 11.10 Our House 11.40 Home Savvy 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 The New Yankee Workshop 1.45 Home Again with Bob Vila 2.15 How to with B & Q 2.20 The House Doctor 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am High Adrenalin Action 10.30 Ibiza 2000 11.00 That Film Show 11.30 World Wind Surf 12noon Surf Film 1.00pm Byte Me 1.30 High Adrenalin 2.00 Boardstupid 2.30 Byte Me 3.00 buzz:tracks 4.00 High Adrenalin Action 4.30 Chilli Factor 5.00 e-trippers 5.30-6.00pm Scratch TV

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

Monday 10 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

3.00
Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30
Dexter's Laboratory
4.00
The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Johnny Bravo
The bequiffed egomaniac returns for more preening and posturing.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Hang out with the cavemen behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky adventures.
7.30 Looney Tunes
8.00 Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

NICKELODEON
FAMILY PACK

7.00am Rugrats 7.30 Kenan and Kel 8.00 Sabrina the Teenage Witch 8.30 Hey Arnold! 9.00 Arthur 9.30 Fraggle Rock 10.00 The Magic School Bus 10.30 Bananas in Pyjamas 11.00 Babar 11.30 Arthur
12noon
Thomas the Tank Engine
12.30pm Blue's Clues
1.00 Rugrats
1.30 Noah's Island
2.00 Babar
2.30 Mona the Vampire

3.00
The Wild Thornberrys
3.30 Rugrats
Fun with the tousle-headed nippers and their over-fertile imaginations.
4.00 Hey Arnold!
More adventures with the kid with the cool quiff.
4.30 Two of a Kind
Another bout of fun and frolics with the twins.
5.00 Sabrina the Teenage Witch
5.30 Kenan and Kel
The adventures of two funky friends.
6.00 Sister Sister
6.30-7.00pm
Are You Afraid of the Dark?

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

3.00 Diabolik
Fun with the cool cat.
3.25
Woody Woodpecker
3.35 Sailor Moon
Cult Japanese cartoon.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50
Mad Jack the Pirate
5.00
Monster Rancher
5.20
Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm
Goosebumps

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 TIME 10.30 Sport 11.30 Biz Asia 12.30pm CNNdotCOM 1.15 Asian 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Artclub 5.00 TIME 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 World View 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 Showbiz Weekly 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.00 News on the Hour 2.30 Sky Business Report 3.30 Showbiz Weekly
With Tania Bryer.
4.30 The Book Show
5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Sindbad 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Le Causse d'Aspignac 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Le Causse d'Aspignac 3.00 Journal 3.15 Questions 3.30 Méditerranéo 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal 7.30 Journal et le Journal du Temps 8.00 Infos 8.05 Le Point 9.00 Journal 9.15 Cinéma: L'Adolescente 11.00 Le Journal du Tour 11.30 Infos 11.35-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Ekas Ke Hum Barik 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Geet Baney Sangeet 12.30pm Junoon 1.00 Swabimaan 1.30 FILM 4.00 Darpan 4.30 Kakaji Kahen 5.00 Music Box 5.30 MTV Fresh 6.00 Tiger 6.30 Rajni 7.00 Swabimaan 7.30 News 8.00 Aarzoo 8.30 FILM 11.30 News 12midnight MTV Hitlist 1.00am FILM 4.00 Kakaji Kahen 4.30 Music Box 5.00 Chand Grehan 6.00 Bhakti Sagar 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Yaadein 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Hindu 7.30 Daily News 8.00 Zaike Ka Safar 8.30 Tara 9.00 Mehendi Tere Naam Ki 9.30 Basera 10.00 Karb 11.00 Jhat Pat Khana 11.30 Aangan 12noon FILM 3.00 Hello Friends 3.30 Pride Ka Aashirwad 4.00 Raahat 4.30 Quiz Contest 5.00 Hum Paanch 5.30 Aangan 6.00 Pakistan Show Time 7.00 Hadd Kar Di 7.30 Top of the Tops 8.00 News 8.30 Chingari 9.00 Sa Re Ga Ma 10.00 Thriller at 10 10.30 Net Asia Up Beat 11.00 Behind the Headlines 11.30 Pakistan Business Week 12midnight News 12.30am FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00-6.00am My Choice

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Andrew Wommack 6.00 CMTV 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 Money Matters 8.20 Thought for the Day 8.30 Life in the Word 9.00 CMTV 9.30 Winning Ways 10.00 700 Club 10.30-11.00am The Dream Replay

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.30 Wall Street Report 3.00 Tokyo Live 3.30 Wall Street Report 4.00 Tokyo Live 5.05-6.00am Tokyo Live

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am North of Westminster 6.00 The Midlands at Westminster 6.30 North of Westminster 7.00 Dateline London 7.30 Euro Brief 8.00 Around Westminster 8.30 Select Committees 2.30pm House of Commons 11.00 The Record 11.30-12midnight Dateline London

3.00 PM

DISCOVERY
WORLD PACK

4.00pm Rex Hunt Fishing Adventures
Rex fishes for King George whiting in Victoria's Westernport.
4.30 Discovery Today
5.00 Lost Treasures of the Ancient World
Jerusalem
The architecture of the ancient world is explored through animated graphics.
6.00 Hunters
Track of the Cat
A search for those most elusive of predators – the jaguar, ocelot, puma, bobcat and lynx.
7.00 Future Tense
Future Foods
An investigation into so-called 'intelligent' foods.
7.30 Discovery Today
Science magazine.
8.00 Lonely Planet
Ireland
Ian Wright journeys through Eire and Northern Ireland, starting at the Giant's Causeway.
9.00 Tornado
Survival
Discover the terrifying might of tornados, the fastest winds on earth, which can destroy a town in seconds.
10.00
Nelson Mandela's Long Walk to Freedom
A portrait of the man who became a living symbol of the victory over Apartheid.
11.00 Race for the Superbomb
An investigation into the race between the USA and the USSR to develop the first hydrogen bomb.
12midnight Time Team
Aston Eyre
The team has just three days to discover the secrets of a medieval manor complex.
1.00am
Wonders of Weather
Mystery of Fog
1.30-2.00am
Discovery Today

TCM
FAMILY PACK

9.00pm FILM:
Where Eagles Dare
Richard Burton, Clint Eastwood, Patrick Wymark
World War II thriller in which a group of Allied commandos embark on a mission to rescue a US general held captive in a supposedly impregnable German castle. However, it soon becomes apparent that there is a traitor in their midst. Widescreen *1968*
11.55-1.00am
Warner Bros 75 Years of Comedies

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Ellen
Ellen's Choice
Ellen is invited to appear on a TV programme.
8.30 Just Shoot Me
The Assistant
9.00 Married... With Children
The Agony of DeFeet
9.30 Cybill
The Big Flouncy Thing
Zoey rejects Cybill's advice.
10.00 Frasier
Daphne Hates Sherry
Sherry's meddling gets too much for Daphne.
10.30 Harry Hill
Surreal comedy show.
11.00 Vic Reeves Big Night Out
11.30 Cheers
Two Girls for Every Boyd
Woody has trouble with love scenes in his first big role.
12midnight Roseanne
12.30am Clive Anderson
1.10 NewsRadio
1.35 Duckman
2.00 DiResta
2.30 Encore Encore!
3.00
It's Garry Shandling's Show
3.30-4.00am
Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Special
Another chance to see some of the best-selling items.
7.00 Holiday Shop!
Ideas for those who want to travel light.
7.30 Home Shop!
Equipment and advice to help you deal with those household chores.
8.30 Jewellery Shop!
Hand-crafted natural gemstone jewellery.
9.30 Sports Shop!
Fitness in the comfort of your own home with Mr Motivator.
6.00pm-7.30pm
Shop! Selection
A round-up of the best-sellers.

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows.
Saturdays: The best of the week and children's programming.
Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

4.00 PM

5.00 PM

6.00 PM

7.00 PM

8.00 PM

9.00 PM

10.00 PM

11.00 PM

12.00

NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon I, Witness
Joining Up
12.30pm Clash of Wings
The Plunge into Reality
1.30 I, Witness
Moving Pictures
2.00 Eagles of the Crown
The Few
3.00 Spies
Undercover in Damascus
3.30 Victory at Sea
Full Fathom Five
4.00 Assaulting the Fortress
5.00 The Harrier Jump Jet
6.00 Asteroid
An examination of the threat posed by these giant rocks.
6.55
Photos for the Future II
7.00 Titanic
Shattered Dreams
8.00 Biography
Baby Face Nelson
9.00 Great Crimes and Trials
Wayne Williams
9.30-10.00pm
Great Crimes and Trials
John Gacy – Mass Murderer

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

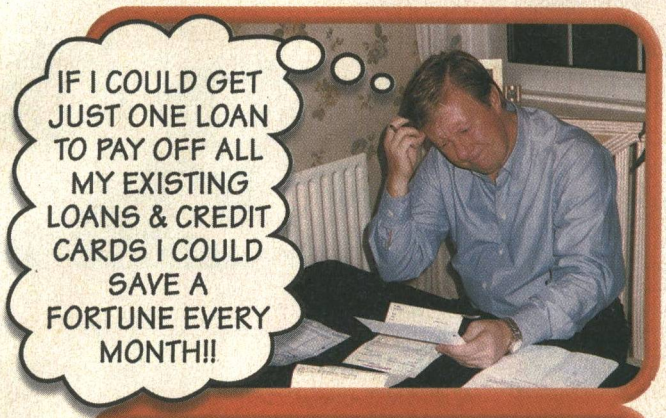
QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Slinky Fashion by Kim & Co at 3.00pm.

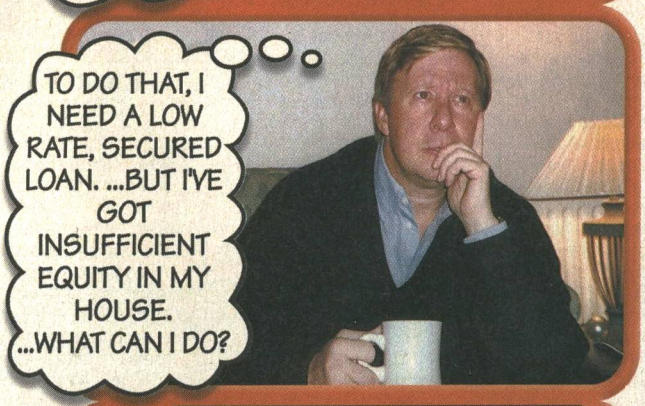
dial 4 a loan

£2,000 - £250,000
ANY PURPOSE LOANS

- FIXED RATE SCHEMES
- SELF EMPLOYED - No accounts - ask about our special terms
- OPTIONAL INSURANCE COVER
- ARREARS & CCJ'S PLANS
- COUNCIL RIGHT TO BUY
- NON STATUS - (fees of 2.5%, 5% or 10% may apply - no loan, no fee)
- MORTGAGES/REMORTGAGES

See us on
⑤text
Channel 5 p444





LOOK DARLING, DON'T WORRY... DIAL4ALOAN DO LOANS UP TO 125% OF YOUR PROPERTY VALUE!!...
*IN PRINCIPLE
...BORROW UP TO £45,000 FOR ANY PURPOSE. PHONE NOW AND GET A DECISION IN 5 MINUTES*!
WOW!! THIS QUICKLY PAID OUT LOAN WILL HALVE MY MONTHLY OUTGOINGS...
AND GIVE ME CASH TO SPARE!...DIAL4ALOAN REALLY LOOKED AFTER ME.

MONTHLY REPAYMENTS FOR HOMEOWNERS - WRITTEN QUOTATIONS ON REQUEST

AMOUNT	300 MTHS	180 MTHS	120 MTHS	84 MTHS	60 MTHS	APR VARIABLE
40,000	366.61	446.83	561.31	OTHER TERMS & AMOUNTS AVAILABLE ASK FOR DETAILS		NO FEES 8.9%
30,000	244.41	297.89	374.21			
25,000	203.67	248.24	311.84			
20,000	164.79	198.59	249.47			
17,500	162.94	193.06	235.78	294.73	375.84	NO FEES 10.9%
15,000	141.24	165.48	202.10	252.63	322.14	
12,500	117.70	137.90	168.42	210.52	268.45	
10,000	94.16	110.32	134.73	168.42	214.76	
8,000	80.38	92.83	111.91	138.42	175.44	NO FEES 11.9%
7,000	70.34	81.22	97.92	121.11	153.51	
6,000	60.29	69.62	83.93	103.81	131.58	
5,000	50.24	58.02	69.94	86.51	109.65	

E.G. £9000 x 60 MONTHS AT £197.37 TOTAL = £11842.20 APR 11.9% VARIABLE

UNSECURED LOANS FOR HOMEOWNERS DIFFERENT TERMS - CALL US TODAY!!

Homeowners only freephone - lines open 24 hours 7 days

0800 064 2434

QUOTE REFERENCE CG

Tenants call 01252 367657

apply online
www.dial4aloan.com

Loans secured on property.
Licenced credit brokers.
Loans subject to status.

CORPORATION OF FINANCE BROKERS

FISA REGISTERED

Dial 4 a Loan Ltd.
OFFICE 1, 1ST FLOOR, CROSSFORD COURT, DANE RD, SALE, M33 7BZ

30 years experience working for you

YOUR HOME IS AT RISK IF YOU DO NOT KEEP UP THE REPAYMENTS ON A MORTGAGE OR OTHER LOANS SECURED ON IT

Tuesday 11 July

SKY PREMIER
PREMIUM CHANNEL

6.10am The Scarlet Tunic
1997, rating Sky PG, 88 mins
8.00 The Second Jungle Book
Family adventure. Text *1997, rating Sky PG, DS, 86 mins*
9.30 First Comes Love
1998, rating Sky PG, 87 mins
11.05 The Mask of Zorro
Adventure. Text *1998, rating Sky PG, DS, 132 mins*
1.20pm Look Who's Talking Too
1990, rating Sky PG, DS, 77 mins
2.45 The Second Jungle Book: Mowgli and Baloo
Jamie Williams, Bill Campbell, Roddy McDowall
Family adventure. The jungle boy reaches the human world and is pursued by a circus scout who wants him as a curiosity act. Text *1997, rating Sky PG, DS, 86 mins*

4.15 First Comes Love
John Stamos, Annabeth Gish, Jane Sibbett, Mitchell Whitfield
Romantic comedy. A hard-working lawyer is to marry the boss's daughter. But when he meets a quirky museum curator, he must decide whether or not he can go through with the wedding. *1998, rating Sky PG, 87 mins*

6.00
Look Who's Talking Too
Kirstie Alley, John Travolta, Olympia Dukakis, Elias Koteas
Romantic comedy sequel in which the baby, now a toddler in the throes of toilet-training, is joined by a baby sister. Tensions between the siblings arise, as they do between their parents when an uncle moves in. *1990, rating Sky PG, DS, 77 mins*

8.00 The Mask of Zorro
Antonio Banderas, Anthony Hopkins, Catherine Zeta-Jones
Epic swashbuckling adventure. A legendary folk hero embarks on a quest to find a successor when an evil governor plans to buy California from the Mexican president. Salvation arrives in the form of a young bandit who succeeds the hero and romances his daughter. Text *1998, rating Sky PG, DS, 132 mins*

10.15 Twilight
Paul Newman, Susan Sarandon, Gene Hackman
PREMIERE Thriller. A retired ex-cop who lives with a rich actor who is dying from cancer and his actress wife gets mixed up in murder when he is asked to deliver blackmail money. Text *1998, rating Sky 15, 90 mins*

11.50 Boogie Nights
Mark Wahlberg, Burt Reynolds
Drama set in the seedy world of the 1970s' porn industry. Text *1997, rating Sky 18, 149 mins*
2.25am Earthly Possessions
Susan Sarandon, Stephen Dorff
Text *1999, rating Sky 15, 99 mins*
4.10-6.00am The Scarlet Tunic
1997, rating Sky PG, 88 mins

SKY MOVIEMAX
PREMIUM CHANNEL

6.15am
Where the Red Fern Grows
1974, rating Sky PG, 97 mins
8.00 Running Brave
1983, rating Sky PG, DS, 102 mins
10.00 The Color of Courage
Lynn Whitfield, Linda Hamilton
1999, rating Sky PG, 88 mins
12noon Marlene
Marlene Dietrich, Maximilian Schell
Biopic. *1983, rating Sky PG, 91 mins*
2.00pm Running Brave
Robby Benson, Graham Greene
Biopic about the American Indian track star Billy Mills and his battle for respect and Olympic gold. Battling against prejudice and envy, he proves his ability to the world. *1983, rating Sky PG, DS, 102 mins*

4.00 The Color of Courage
Lynn Whitfield, Linda Hamilton, Roger Gueneveur Smith
Drama. An African-American family moves into a white neighbourhood in 1940s Detroit. However, they soon find themselves the victims of a series of racial hate crimes and a lawsuit to see them evicted from their home. *1999, rating Sky PG, 88 mins*

6.00 Glory and Honor
Delroy Lindo, Henry Czerny, Bronwen Booth
Biopic which follows Matthew Henson and Robert Peary's historic trek to the North Pole. Henson began the gruelling journey as Peary's valet, but soon proved himself to be the most important member of the entire expedition. *1998, rating Sky PG, DS, 90 mins*

8.00 Blade Squad
Yancey Arias, Kirk Baltz, Joy Bisco, Lori Heuring
Sci-fi action set in a chaotic future, where the police force wears armour to protect themselves. Law and order is maintained by a maverick band of roller-blading youngsters, ready to roll into action at a moment's notice. Text *1998, rating Sky 15, 85 mins*

10.00 Captured
Nick Mancuso, Andrew Divoff, Linda Hoffman, Michael Mahonen
PREMIERE Thriller. A pair of car thieves decide to confront a tough guy. Arriving at his house, they attempt to steal his car which is only the start of their problems. Text *1998, rating Sky 18, 91 mins*

11.35 Jack's Back
James Spader, Cynthia Gibb
Thriller which updates the Jack the Ripper legend to modern-day LA. *1988, rating Sky 18, 93 mins*
1.15am
The Defenders: Taking the First
1998, rating Sky 15, DS, 92 mins
2.55 Danielle Steel's Heartbeat
1992, rating Sky 12, 89 mins
4.30-6.05am Marlene
Biopic. *1983, rating Sky PG, 91 mins*

MOVIE RATINGS
Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

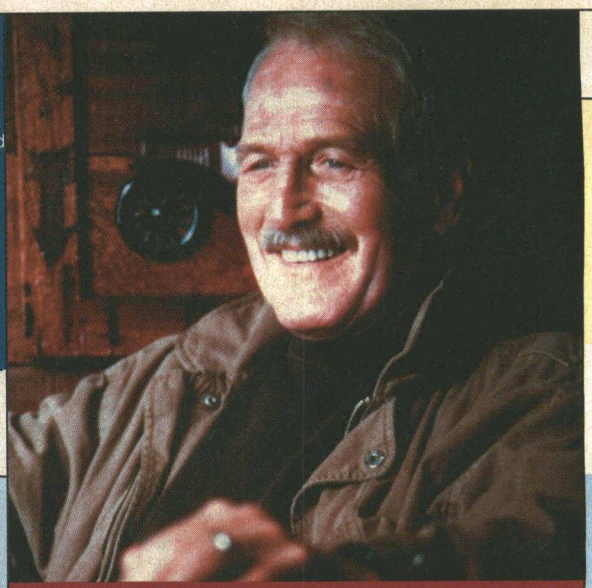
4.00pm
Trouble Along the Way
John Wayne, Charles Coburn, Donna Reed, Sherry Jackson
Comedy drama in which a celebrated American football coach helps bring a local school back from the brink of closure, while struggling to regain custody of his daughter in the aftermath of his divorce. *1953, rating Sky U, 106 mins*

6.00 Operation Petticoat
Cary Grant, Tony Curtis, Joan O'Brien, Dina Merrill, Gene Evans
Comedy set during World War II. A submarine commander is saddled with a con man as his second-in-command. But this is only the beginning of his worries as he tackles a vessel full of refugees, including female nurses who are distracting his crew. *1959, rating Sky U, 115 mins*

8.00 Castle Keep
Burt Lancaster, Peter Falk, Patrick O'Neal, Scott Wilson
Action set during World War II. A charasmatic American Major based in a Belgian castle attempts to protect the precious treasures stored within from Nazi attacks – and also from the reckless antics of his own soldiers. Text *1969, rating Sky 15, 103 mins*

10.00
The Laughing Policeman
Walter Matthau, Bruce Dern, Albert Paulsen, Louis Gossett Jr
Thriller about a serial killer who terrorises bus passengers, and the two cops who set out to stop him from claiming more victims. *1973, rating Sky 18, 107 mins*

11.55 Dial H for Hitchcock
A TV special narrated by actor Kevin Spacey honouring the work of this cinema legend. *1999, rating Sky 15, 101 mins*
1.40am Castle Keep
Burt Lancaster, Peter Falk
Text *1969, rating Sky 15, 103 mins*
3.30 The Laughing Policeman
1973, rating Sky 18, 107 mins
5.25-6.00am Hollywood Hall of Fame: Audrey Hepburn



Paul Newman's detective work leads him into trouble in the premiere of 'Twilight'. Sky Premier 10.15pm

FILMFOUR
ADD-ON CHANNEL

6.00pm Whirlpool
Gene Tierney, Richard Conte, Jose Ferrer, Charles Bickford
Film noir. A psychoanalyst's wife falls prey to a nefarious hypnotist when he discovers she is an habitual shoplifter. When one of his previous patients is found murdered, with the woman at the scene, suspicion seems to point only one way. Text *1949, 93 mins*

8.00 Palookaville
Adam Trese, Vincent Gallo, William Forsythe, Kim Dickens
Comedy. Three likable New Jersey wiseguys look to earn some easy money and make plans to rob a jewellery store. However, the schemers mistakenly rob the bakery next door and then plan to ambush an armoured car – with comic ineptitude. *1995, 99 mins*

10.00 Raining Stones
Bruce Jones, Julie Brown. Ricky Tomlinson, Gemma Phoenix
Comedy drama. An unemployed Catholic labourer will go to any lengths to get his daughter an expensive dress for her First Communion ceremony. Text *1993, 87 mins*

11.35 Poor Cow
Carol White, John Bindon
Drama about the loves and struggles of a young, working-class mother. Text *1967, 97 mins*
1.15am Chrono Perambulator
1.30 Planet of the Apes
Charlton Heston, Roddy McDowall
Sci-fi set in a future ruled by apes. Widescreen Text *1968, 108 mins*
3.25-6.00am Saviour of the Soul
Anita Mui, Andy Lau
Action. *1992, 92 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Stagecoach
John Wayne, Claire Trevor, Thomas Mitchell, Andy Devine
Western. A fugitive from justice joins a disparate assortment of passengers on a stagecoach travelling through Indian territory in the Old West. Danger threatens when the group becomes embroiled in the crossfire during an Indian uprising. *1939, 92 mins*

9.00 Mass Appeal
Jack Lemmon, Zeljko Ivanek, Charles Durning, Louise Latham
Comedy drama. A mediocre and worldly priest finds himself walking a political tightrope between a young seminarian and his superior. Facing a dichotomy between private conscience and mass appeal, the priest discovers he has much to learn from his young companion. *1984, 95 mins*

11.00 Gardens of Stone
James Caan, James Earl Jones, Anjelica Huston, D B Sweeney
Drama. A veteran army officer tries to dissuade a young recruit from volunteering for action in Vietnam. Text *1987, 111 mins*
1.00am Shooting Elizabeth
Jeff Goldblum, Mimi Rogers
Comedy drama. *1992, 120 mins*
3.00 Eureka
Gene Hackman, Theresa Russell
Drama. *1981, 130mins*
5.15-7.00am The Clairvoyant
Claude Rains, Fay Wray, Ben Field
Drama. *1935, 73 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS
See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

I'LL BE HOME FOR CHRISTMAS
Rating PG, 83 mins
Comedy. A teenager has to race from California to New York to gain the Porsche his father promised him if he gets home for Christmas. Stars Jonathan Taylor Thomas and Jessica Biel.
T/C: Christmas comedy, families. BL: Occasional, mild. S/N: Infrequent, mild references. V: None.
6.20am, 8.00am, 9.40am, 11.20am, 1.00pm, 2.40pm, 4.20pm

Channel 51 Evening

IN DREAMS
Rating 18, 96 mins
Thriller. An artist seems to have a mental link with a madman and is haunted by the dreams of impending victims. Eventually she takes a frightening course of action. Stars Annette Bening and Aidan Quinn
T/C: Psychic thriller. BL: Frequent, strong. S/N: Infrequent, mild. V: Frequent, strong horror.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

JACKIE CHAN'S WHO AM I?
Rating 12, 104 mins
Action comedy. A secret agent is left behind in Africa suffering from amnesia when a mission goes wrong and seeks the help of a local tribe in an attempt to regain his identity. Stars Jackie Chan and Ron Smerczak.
T/C: Action comedy, conspiracy. BL: Infrequent, mild. S/N: None. V: Occasional, moderate.
6.30pm, 8.30pm, 12.30am, 2.30am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple attempt to recover from a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action BL: Infrequent, strong. S/N: None. V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

Tuesday 11 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Earthworm Jim
6.30 Grimmy
7.00 Starship Troopers
7.30 Pokémon
8.00 Pokémon
8.30 Pokémon
9.00 The Oprah Winfrey Show
10.00 Jenny Jones
11.00 Sally Jessy Raphael
12noon Jenny Jones
1.00pm Sally Jessy Raphael
2.00 Jenny Jones

3.00 Earthworm Jim
Sidekicked
3.30 Pokémon
Tracey Gets Bugged
Murcott Island is famous for its bug-type Pokémon.
4.00 Pokémon
A Way Off Day Off
The gang discovers a new island loaded with different fruit trees.
4.30 Pokémon
The Mandarin Island Miss Match
5.00 Star Trek: Voyager
Mortal Coil
Three of the crew are sent on a mission to gather a sample of proto-matter from deep inside a class-one nebula. Text
6.00 Veronica's Closet
Veronica's Bridal Shower Text
6.30 Friends
The One where Ross Moves In
Ross moves in with Chandler and Joey. Text
7.00 The Simpsons
Thirty Minutes over Tokyo
The family competes in a Japanese gameshow. Text
7.30 The Simpsons
Treehouse of Horror X Text
8.00 JAG
True Callings
Action drama series. Harm learns that his flying days are numbered and decides to return to JAG. Text
9.00 World Wrestling Federation – Smackdown
Jim Ross, Michael Cole and Kevin Kelly host the latest events from the World Wrestling Federation.

11.00 Toughman
Louisville
Amateur fighters take on the hardened professionals inside the ring in a gruelling, no-holds-barred three round contest.
12midnight Uncut! The Villa
Highlights from the lovematch villa.
1.00am Star Trek: Voyager
Mortal Coil
Sci-fi drama series. Text
2.00 New York Undercover
Smack is Back
Hard-edged police stories. Text
3.00-6.00am Long Play
Music through the night.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Keeping Up Appearances Text 6.30 Birds of a Feather Text
7.05 Crossroads 7.30 Dynasty
8.25 EastEnders Text
9.00 The Bill Text
9.30 The Bill Text
10.00 The House of Eliott
11.00 Knots Landing
11.55 Neighbours
12.25pm EastEnders Text
1.00 Dangerfield
2.00 Knots Landing

3.00 The Bill
Flesh and Blood
A baby dies mysteriously. Text
3.30 The Bill
Parklife
A park is a crime hotspot. Text
4.00 EastEnders
Phil has a change of heart over his efforts to win back Kathy. Text
4.35 Neighbours
Annalise's new job isn't exactly what she expected.
5.00 'Allo 'Allo!
The Resistance go into disguise as Spanish dancers. Text
5.40 Bread
Carla Lane's popular sitcom about a Liverpool family surviving by their wits and schemes. Text
6.20 The Brittas Empire
Playing with Fire
It's Energy Conservation Week at Whitbury Leisure Centre and a recycling drive backfires.
7.00 Just Good Friends
Penny intends to tell Vince that she doesn't want to see him again – if she ever does.
7.40 Keeping Up Appearances
Sitcom. The upwardly mobile, nosiest neighbour still sees herself as a musical star.
8.20 Birds of a Feather
Nearest and Dearest
Change is in the air. Text
9.00 The Echo
Two-part drama based on the suspense novel by Minette Walters. A journalist lands the job of trying to build a story around the demise of a tramp who starved to death in a rich woman's garage. Text
10.35 Dangerfield
Adam
Drama series about a GP who doubles as a police surgeon. A press conference is called to try to locate a young woman who has disappeared. Text
11.40 The Bill
Flesh and Blood
A baby dies mysteriously. Text
12.10am The Bill Text 12.40 Casualty 1.45 EastEnders Text
2.15 Dangerfield Text
3.15 Whatever Happened to the Likely Lads?
3.50 Whatever Happened to the Likely Lads?
4.20 'Allo 'Allo! Text
4.55 Bread Text
5.25-6.00am The Brittas Empire

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Can't Cook, Won't Cook
7.00 Tiny Living 9.00 Brookside
9.30 Home and Away
10.00 The Jerry Springer Show
10.50 Forgive or Forget
11.40 Maury Povich
12.30pm Special Babies
1.00 She's Gotta Have It
1.30 Judge Judy
2.00 Streetmate
2.30 Maury Povich
Compelling and personal talk show dealing with emotional conflicts.

3.20 Relationship SOS
On-air relationship counselling.
3.50 Forgive or Forget
Host Mother Love deals with real relationship problems.
4.40 Oh Baby
Sitcom about a successful single woman who has had a baby by artificial insemination. With no partner, her best friend stands in to give her advice and support.
5.05 Streetmate
Davina McCall scours the country pairing up single people.
5.35 Ready, Steady, Cook
Top chefs compete against the clock to create exciting recipes.
6.10 The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests discuss relationships.
7.00 Judge Judy
The New York judge presides over more real-life cases.
7.30 Will and Grace
Sitcom about two roommates, one straight and one gay.
8.00 Charmed
Drama series about three sisters who move into a San Francisco house left to them by their grandmother and inherit her powers of witchcraft as well.
9.00 FILM: One More Chance
John LaMotta, Michael Pataki, Logan Clarke, Kirstie Alley
Marital drama. An ex-con's happiness at being released from jail is soon dampened when he returns home to find that his wife and son have disappeared and he seems to have nothing to come back to. *1983*
10.50 Secret Suburbia
A look at seemingly ordinary suburban residents who have extraordinary secret lives.
11.20-12midnight Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Shopping Across the UK
6.30 The Odd Couple 7.00 Plus on Plus
7.30 Jokers Wild 8.00 Hogan's Heroes
8.30 Man About the House
9.00 Classic Coronation Street Text
9.30 Emmerdale Text
10.00 Mission: Impossible
11.00 Only When I Laugh
11.30 The Lovers
12noon Classic Coronation Street Text
12.30pm Emmerdale Text
1.00 Sorry!
1.30 Bless This House
2.00 Hawaii Five-0

3.00 Boon
Charity Begins at Home – Part II
Comedy-drama series. The runaway is finally tracked down – unfortunately not before he's spent all the money.
4.00 Kojak
A Strange Kind of Love
New York police drama. A psychotic man believes that an ambitious talk-show host is urging him to commit murder.
5.00 Hart to Hart
Cop Out
Crime thriller series. Writing an article on prostitution leads the millionaire couple into the world of hardcore nightlife and murder.
6.00 Emmerdale
Ned Glover reveals his true feelings for Zoe. Text
6.30 Classic Coronation Street
Gloria fancies Frank. Text
7.00 Sorry!
Natural Wastage
Early retirement is in the air.
7.30 Bless This House
Men of Consequence
A midnight intruder calls.
8.00 Boon
Topspin
A spy needing a minder has just been released from prison and a newspaper has him under exclusive contract.
9.00 Kojak
Laid Off
A rookie cop becomes all too susceptible to bribery.
10.00 Hale and Pace
10.30-11.00pm The Comedians

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Jo Guest's Private Parts
Late-night series which deals with sexual dilemmas.
11.30 New Model Search
The quest to find the next Hot Body star.
12.30am Centrefolds
A fly-on-the-wall documentary about a troupe of touring centrefolds.
1.00 E! Wild On...
The Vine
From France to South Africa, Australia to California, Jules Asner visits the world's best wineries.
1.50-2.00am Wicked Willie

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Toons 10.35 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB 12.50 Bite Size 1.05 Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
The undersea adventures of the beautiful mermaid. Text
3.30 Sabrina
Animated series based on the film and live action TV show. Text
3.55 Art Attack
The art show which proves that anyone can be an artist. Text
4.30 Recess
Animated series. Youngsters cope with everyday problems.
5.00 Miami 7
Pop band S Club 7 star as themselves in this hit TV series.
5.30 Smart Guy
The Code
TJ gets Mo into trouble. Text
6.00 Boy Meets World
Poetic Licence – An Ode to Holden Caulfield Text
6.30 Microsoap
Fun-filled sitcom about the trials of today's youngsters. Text
7.00 FILM: Bad Baby
Voices of Kathleen Turner, James Belushi
Animated adventure. Long-suffering parents do their best to cope with their terrible tot who has become a child star and hyperactive horror. *1997*
8.20 Honey, I Shrunk the Kids: The TV Show
Honey, I'm the Sorcerer's Apprentice Text
9.00 Flipper
Live action adventure with TV's most famous dolphin. Text
9.45 Dinosaurs
Prehistoric animatronics from the Jim Henson Studio. Text
10.10 Home Improvement
Sitcom double bill. Text
11.00 Dr Quinn: Medicine Woman Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

TUESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

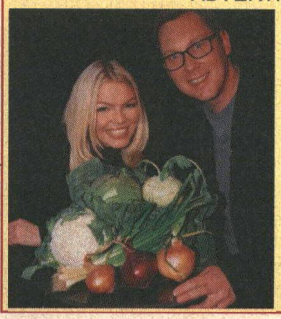
CABLE CHOICE

FILM

Boogie Nights
Sky Premier 11.50pm
Indebted to Martin Scorsese, but still directed with style and period panache by Paul Thomas Anderson, this informed, perversely inspiring epic charts the career of sex star Dirk Diggler (Mark Wahlberg) during the golden era of US porn in the 1970s and early 1980s.

GENERAL

The Echo
UK Gold 9.00pm
Another Minette Walters tale adapted for television features *Chancer* star Clive Owen and Joely Richardson. In this noiresque, steamy thriller, a journalist suspects there is more to the death of a tramp in an exclusive docklands flat than its lovely owner is willing to divulge.

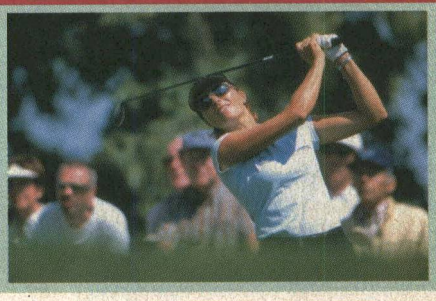
ADVERTISEMENT
UK PLAY

VIC REEVES EXAMINES 9.40PM
Vic Reeves embarks on his first solo project without comedy partner Bob Mortimer in this unmissable new series made exclusively for UK Play. Exploring what makes Vic Reeves' mind tick, tonight's guest is Kate Thornton discussing the chosen topic of night farts!

Tuesday 11 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM MORNING	**7.30am Motorsports** **8.30 Cycling** **10.00 Tennis – LIVE** Coverage of the ATP Tournament in Gstaad, Switzerland. This year's competitors include Cedric Pioline and Alex Corretja. **12noon Triathlon** **12.30pm Cycling** **2.30 Cycling – LIVE** The eleventh stage of the Tour de France sees competitors racing from Bagnères-de-Bigorre to Revel.	**7.00am Sky Sports Centre** **7.15 WWF – Livewire 8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Horsepower 10.00 World Football Show 10.30 International Cricket: Triangular One-Day International – West Indies v Zimbabwe – LIVE 2.15pm Sports Auction Preview 2.45 International Cricket: Triangular One-Day International – West Indies v Zimbabwe – LIVE** While England take a rest, West Indies and Zimbabwe battle it out in the latest match in the NatWest Series. The action comes from Canterbury and features an all-star cast. Windies captain Jimmy Adams has a new generation of fast bowlers and Brian Lara to inspire while Zimbabwe have several seasoned players, such as Andy Flower and Heath Streak, who are among the world's best. David Gower hosts the ball-by-ball coverage.	**7.00am Aerobics Oz Style 7.30 Sky Sports Centre 7.45 Racing News 8.15 Asian Sports Show 8.45 Sky Sports Centre 9.00 Telegraph Action Sport 9.30 Total Sport 10.00 Speedway: Elite Speedway League – Wolverhampton v Poole 12.30pm Horsepower 1.00 Golf: European Skills Challenge**	**12noon Wheelbase Club** **1.00pm Telegraph Action Sport** **1.30 Total Sport** A look at all aspects of the sporting world. **2.00 Shell's Wonderful World of Golf: Arda v De Vicenzo v Sikes** Ben Arda, Roberto De Vicenzo and Dan Sikes face each other in Canada.	**8.00am Battlestar Galactica** **9.00 The Time Tunnel** **10.00 Project UFO** **11.00 The Incredible Hulk** **12noon Babylon 5** *Grey 17 is Missing* **1.00pm Highlander: The Raven** *Bloodlines* **2.00 Battlestar Galactica** *Fire in Space*	**6.00am Select MTV** **8.00 MTV Hits** **9.00 Bytesize MTV** **12noon MTV Hits** A roller coaster of uninterrupted music videos. **12.30pm Daily Edition** Catch up on the showbiz gossip and the shock stories. **1.00 MTV Hits** **2.00 Hit List UK** The hottest UK chart action.
3.00 PM			**3.00 World Motor Sport** Fast-paced coverage from the circuit where all the latest news and views are tracked. From the frantic pace of the Indy Racing League, to the never-say-die approach of the NASCAR series, *World Motor Sport* features every lap from every track. The programme also includes features on the key movers and shakers in the race world. In addition, viewers can gain an insight into life behind the wheel.	**3.00 Cue Masters: Hendry v Drago** A look back at the 1994 International Open. **3.30 Horsepower** From the Emerald Isle.	**3.00 Robocop** *Tin Man* Armed ice cream trucks and Lunch Catering vans wage a gang war for control of illegal gambling.	**3.00 Bytesize MTV** All the latest chartbusters and gossip on the big stars, plus weird and wonderful moments from MTV around the world.
4.00 PM				**4.00 World Tenpin Masters** Bowling alley action from the World Tenpin Masters, featuring the biggest purse on offer in the UK.	**4.00 The Time Tunnel** *Pirates of Deadman's Island* The time travellers fall into the hands of the Barbary Coast pirates.	**4.00 Select MTV** Richard Blackwood presents viewers' calls in the music request show and speaks to the latest and brightest stars from music, film and television.
5.00 PM	**5.00 Grand Touring** Action from the FIA GT Championship in Budapest. The UK's Julian Bailey from the Lister Storm team is the current leader.			**5.00 World Wrestling Federation – Livewire** Michael Cole presents coverage of the latest spectacular World Wrestling Federation bouts.	**5.00 Project UFO** *The Waterford Incident* The director of a boys' military school becomes enveloped in a strange web-like substance.	
6.00 PM	**6.00 Touring Car** Another slice of fast-paced action following the European Super Touring Cup staged at Hungaroring, Hungary.	**6.00 Sky Sports Centre** The latest sports news. **6.30 World Football Show** The best football action.	**6.00 Asian Sports Show** Sports show including golf, basketball and football. **6.30 Euro Tour Weekly**	**6.00 Rugby League Academy** Recent match action involving the youngsters who are currently impressing the coaches.	**6.00 The Incredible Hulk** *Equinox* McGee follows Banner to a masquerade party where Banner is a reluctant guest.	**6.00 Bytesize MTV** A window onto the world of music television, featuring all the best bits of MTV.
7.00 PM	**7.00 Sumo** Coverage of the Grand Sumo Tournament in Tokyo, Japan.	**7.00 Schoolboy International Football: England v Thailand – LIVE** Top action featuring some of the world's best young players in action.	**7.00 Ladies' Euro Tour Golf: German Open** The top players in their field vie for the Ladies' German Open trophy.	**7.00 Sports Unlimited** A truly comprehensive look at the world of alternative sports, featuring the wackier sports that people rarely hear about.	**7.00 Highlander: The Raven** *Bloodlines* When Nick foils a murder, Denise Grady mistakenly thinks the curse is over.	**7.00 MTV Hits** A roller coaster of uninterrupted music videos featuring the latest from the MTV play list plus a number of exclusives.
8.00 PM	**8.00 Boxing** International contest.		**8.00 Golf: Mastercard British Professional Tour – Whitekirk Tournament** The latest leg in the hard-fought competition.	**8.00 Premier Snooker League** Now in its 14th year, the Premier Snooker League is a prestigious showcase for seven of the world's best players. The defending champion is John Higgins, who beat the fans' favourite Jimmy White in a nail-biting final last year.	**8.00 Twin Peaks** *Episode 9* Agent Cooper gets some unwanted help and unwelcome news, and Leland makes a discovery.	**8.00 European Top 20** Eden Harrell presents a rundown of the singles dominating the charts on the Continent.
9.00 PM	**9.00 Cycling** Highlights of the Tour de France action from Bagnères-de-Bigorre to Revel. Includes reactions and interviews.	**9.00 International Cricket: Triangular One-Day International – West Indies v Zimbabwe** The one-day international cricket coverage continues.	**9.00 Golf: Forest Pines Classic** Carl Mason defends his Ericsson title at Lincolnshire's beautiful Forest Pines Resort.		**9.00 American Gothic** *The Buck Stops Here* Lucas promises Yancy that he will come to the aid of his comatose wife in exchange for hospital files.	**9.00 Daily Edition** Music news and gossip. **9.30 Celebrity Death Match** More claymation figures battle it out.
10.00 PM		**10.30 Sky Sports Centre** The latest sporting news on the fastest service. **10.45 Ladies' Euro Tour Golf: German Open** Players vie for the Ladies' German Open trophy.	**10.00 World Cup Show Jumping** Top riders from around the world compete against the clock, and each other, at a variety of arenas.	**10.00 Big Fights: Henry Cooper** A look back over the career of Henry Cooper, a boxer who has become a national institution.	**10.00 FILM: Radioactive Dreams** *Michael Dudikoff, Lisa Blount* Two children survive an atomic war in a bunker with only old detective novels from the 1940s to educate them. After 15 years they leave the shelter to discover a foreign world. *1988*	**10.00 The Tom Green Show** Anarchic humour. **10.30 Loveline USA** More angst–ridden youngsters call the hotline.
11.00 PM	**11.00 Golf** Coverage of the Evian Masters in France, another event on the Ladies' European Tour.	**11.45 Sky Sports Centre** 12midnight Schoolboy International 2.00am Golf: Mastercard British Professional Tour 3.00 Ladies Euro Tour Golf 4.00 World Cup Show Jumping 5.00-5.15am Sky Sports Centre	**11.00 Fastrax** A fast-paced look at the performances of competitors. **11.30 Sports Unlimited** A look at the world of alternative sports. 12.30am Golf: Forest Pines Classic 1.30 Premier Snooker League 3.30 Asian Sports Show 4.00-4.15am Sky Sports Centre	**11.00-11.30pm A to Z of Motorsport** Take a drive down memory lane and trace the roots and history of the motor racing circuit.	**12midnight Lexx** *Woz* **1.00am FILM: Death Train** *Sarah Conway Ciminera* Thriller. A group of students is lured to a Serbian village where an ancient satanic ritual is to take place. *1979* **3.00-4.00am Babylon 5**	**11.00 brand:new** Zane Lowe takes a look at some of the best new music around, and chats to the hottest alternative acts of the moment. **12midnight Alternative Nation** A journey through MTV's musical leftfield. **1.00-6.00am Night Videos**
12.00 NIGHT TIME	**12midnight-12.30am Sailing** World sailing action.					

GOLF: LADIES' EUROPEAN TOUR – EVIAN MASTERS
EUROSPORT 11.00PM

There are 17 events on the Ladies' European Tour this year plus the Solheim Cup. The Evian Masters is the sixth leg and has become the richest event in the history of the Tour, with the tournament purse increased to a record-breaking £1m. The Royal Golf Club Evian at Evian-les-Bains is the setting to which Sweden's Catrin Nilsmark (pictured) – who beat Britain's Laura Davies by two shots last year – returns to defend her title. Solheim Cup points will also be at stake.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 FILM Killing For Love 11.40 Sex Court 12midnight Freeview 12.12am Sam Gets Her Girl 12.25 Banged Up 12.55 FILM: Girls' Affair 2.05 Lesbian Fantasies 2.25 Massage Parlour Girls 3.00-4.00am Dressed to Thrill

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am The Omar Show 12.40 FILM 1.00 The Five Minute Freeview 1.05 FILM continues 1.55 Sorority Sex Kittens 2.20 FILM: Affairs 3.30-4.00am Vanessa

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Tuesday 11 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon Behind the Music: Billy Joel
Trace the struggles, setbacks and triumphs of the *Uptown Girl* singer.
1.00pm Greatest Hits: Disco
1.30 Pop-Up Video
2.00 Jukebox
The request show that gives viewers the chance to turn their TV sets into jukeboxes.

4.00 The VH1 Album Chart Show
Paul King presents a rundown of the best-selling UK albums of the week.

5.00 Ten of the Best: Lennox Lewis
The world champion boxer steps out of the ring to introduce his ten favourite records of all time.

6.00 VH1 to One: Tina Turner
The durable diva talks about fame and fortune.
6.30 Greatest Hits: Disco
7.00 Top Ten
Check out the top music videos of the moment.

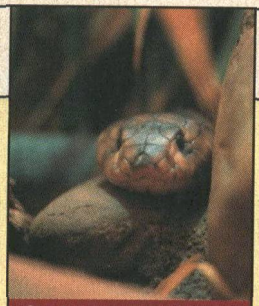
8.00 The Millennium Classic Years: 1986
Paul King introduces a reminder of the music and headlines that shaped the year of 1986.
9.00 Egos and Icons: Oasis
The brothers Gallagher go under the spotlight, with live material, interviews and anecdotes.
10.00 Behind the Music: Tina Turner
The diva's remarkable story. With contributions from Elton John, Cher and Phil Spector.
11.00 Madness: Take It or Leave It
Documentary charting the band's rise to fame. Featuring some of their biggest hits, including *Night Boat To Cairo, My Girl* and *One Step Beyond.*
1.00am Hey Watch This!
With John Fugelsang.
2.00 Soul Vibration
2.30 VH1 Country
3.00-6.00am VH1 Late Shift
Music tracks to take you through the small hours.

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Tasmania
1.00 All-Bird TV
1.30 All-Bird TV
2.00 Pet Rescue
Wendy Turner and Mark Evans observe more RSPCA rescue cases.
2.30 Kratt's Creatures
The Redcoats are Coming

3.00 Breed All About It
Schnauzer
3.30 Breed All About It
Rhodesian Ridgeback
4.00 Animal Planet Unleashed
Howie Watkins meets a horse dentist.
4.30 Croc Files
With Steve and Terri Irwin.
5.00 Pet Rescue
More RSPCA rescue cases observed.
5.30 Going Wild with Jeff Corwin
Death Valley
6.00 The Aquanauts
Explore a Brazilian navy corvette sunk off the island of Fernando de Noronha.
6.30 Croc Files
A look at pythons.
7.00 A Passion for Nature
Cobra
7.30 Hutan – Wildlife of the Malaysian Rainforest
8.00 Wild Rescues
More tales of human and animal courage.
8.30 Wild Rescues
More tales of human and animal courage.
9.00 Crocodile Hunter
Where Devils Run Wild
Join a trip to Tasmania in search of the supposedly extinct Tasmanian tiger.
10.00 Deadly Season
Observe the driest season ever recorded in the Kruger National Park, with hippos guarding their mud hole as lions lie in wait nearby.
11.00 Vet School
Follow the progress of verterinary students at Cambridge University.
11.30-12midnight Vet School

CABLE CHECK
Some of the channels listed may not be available in your area



Snake eyes: The cobra is the star of 'A Passion for Nature'. Animal Planet 7.00pm

ITV2
ACCESS PACK

4.00pm Trisha
A double bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text

6.00 The Extremists

6.30 Best and Worst

7.00 Amazing Games

7.30 ISKA Karate

8.00 Sunset Beach
Meg starts her new job at the Java Net, while Casey tells Rae to forget her worries and loosen up.
8.50 Chart Choice
9.00 Grafters
While Paul and Lara's dream home becomes a nightmare, Joe struggles to keep a secret from Trevor. Text
10.00 Emmerdale
Tonight's episode of the rural soap from ITV. Text
10.30 Nuts and Bolts
Dave is experiencing some domestic unease.
11.00 The Jerry Springer Show
More outrageous revelations and confrontations.
11.50 The Late Show with David Letterman
Chat show with host and humorist David Letterman plus celebrity guests.
12.40am Freaky Stories
Ghoulish animation.
12.50-1.20am The Extremists

UK STYLE
LIFESTYLE PACK

7.00am Spa Trek 7.30 Spa Trek 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Our House 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 Big Strong Boys 11.30 The House Doctor 12noon Good Living 12.30pm Style Challenge 1.00 A Taste of Africa 1.30 Ready, Steady, Cook 2.00 Gardening from Scratch 2.30 Learn to Garden with Stefan Buczacki

3.00 Gardeners' World
With Alan Titchmarsh and Pippa Greenwood.
3.30 Charlie's Garden Army
4.00 Stefan's Garden Roadshow
Horticultural advice.
4.30 Good Living
Lifestyle series presented by Jane Asher.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms Down Under
With Suzie Wilks.
6.00 Antiques Roadshow
Members of the public in County Clare, Ireland, bring their antiques to Dromoland Castle.
7.00 Real Rooms
Stow-on-the-Wold Playroom
7.30 Change That
Interior design roadshow with Mark Curry.
8.00 Style Challenge
Fashion experts perform more dream makeovers.
8.30 The Flower Show
A look at arrangements using shades of blue.
9.00 Home Front
Jocasta Innes looks at the craft of batik dyeing.
9.30 Big Strong Boys
Wolverhampton Landing
With Anna Walker.
10.00 The House Doctor
Ann Maurice improves another house's prospects.
10.30 House Invaders
Low-budget DIY show.
11.00 Ground Force
Alan Titchmarsh and his crew go to work again.
11.30 BBC Gardener of the Year
South West
12midnight Garden Stories
Partnership
A look at married couples who share a passion for horticulture.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki offers more gardening advice.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Nightmare at Canary Wharf 7.50 Itaye and the Fig Tree Troop 8.20 Rolf's Amazing World of Animals 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.20 Great Railway Journeys 11.15 Island of the Fire Goddess 12.15pm Rolf's Amazing World of Animals 12.45 City Hospital 1.45 Mysteries with Carol Vorderman Text 2.15 Mysteries with Carol Vorderman Text 2.45 Nightmare at Canary Wharf
Behind-the-scenes documentary following the highs and lows of the birth of Live TV.

3.45 Vets to the Rescue
Trude Mostue presents stories of animals in need.
4.20 Vets in Practice
Moving On
Craig and Alison leave Bristol. Text
4.50 Animal Hospital
With Rolf Harris.
5.25 Back to the Floor
Pillow Talk
Hospital manager Ann Lloyd works as a nurse.
5.55 City Hospital
Gaby Roslin and her team deliver another report on the triumphs and trials of patients and staff at Southampton General.
6.55 Learners
Meet Australia's most irritating driving instructor.
7.25 Disaster
The Channel Tunnel Fire
Hear the story of the blaze that occurred in 1996.
8.00 Vets in Practice
Moving On
Documentary series. Text
8.30 Back to the Floor
Pillow Talk
9.00 Paddington Green
Jackie McAuliffe awaits the results of her AIDS test.
9.35 Soldiers to Be
A New Life
Documentary series.
Three hopefuls spend their first two weeks in an army training camp.
10.35 Billy Connolly's World Tour of Australia
11.25 Living with the Enemy
Travellers Text
12midnight-1.00am Polygamy

UK PLAY:
1.00am Shooting Stars 1.30 Reeves and Mortimer 2.05 Vic Reeves 2.35 Reeves and Mortimer 3.10 Soundtrack to My Life 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Comedy Awards 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Coxon's Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow – Cooked in a Flash 9.30 Ideal Home Cooks 10.00 Ross's Barbecue Party 10.30 Simply Baking 11.00 Slice of the Action 11.30 Power Food 12noon Scotland's Larder 12.30pm Taste of the Times 1.00 Coxon's Kitchen College 1.30 Use Your Loaf 2.00 Food Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow – Cooked in a Flash
Recipes for healthy meals.
3.30 Tessa's Tastebuds
Lemons
4.00 Simply Baking
Breakfast
4.30 Ideal Home Cooks
Richard Whittington looks at vegetarian cookbooks.
5.00 Superchefs
5.30 Scotland's Larder
6.00 Coxon's Kitchen College
6.30-7.00pm Picture This

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Among the Baboons
A close-up view of life among baboons in Kenya.
7.30 Herculaneum: Voices of the Past
8.00 The Body Snatchers
Gain some insights into the hidden world of the parasite with the US Centre for Disease Control.
9.00 Mkomazi: Return of the Rhino
Learn how the endangered African black rhino is being reintroduced into Tanzania's Mkomazi Game Reserve.
10.00 Sea Monsters: Search for the Giant Squid
A scientific investigation into reports of monstrous marine beasts.
11.00 A Secret Life
Follow the continual struggle for survival of Lula, a leopard in the Londolozi Game Reserve.
12midnight-1.00am The Ice Wall
Trace the history of the ancient and modern traditions of the Sherpa people, originally from Tibet, and hear how their knowledge of Everest has helped many climbers.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
Presented by Keith Chegwin.
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
Hidden camera pranks.
7.30 Winner Takes All
8.00 Gladiators
Physical challenge show.
9.00 Whittle
With Tim Vine.
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
Wakefield
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Garden Calendar 7.00 The Great Gardening Plot 7.30 The Close Guide 8.00 How to with B & Q 8.05 These Four Walls 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Garden Calendar 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country 11.10 Our House 11.40 Home Savvy 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 New Yankee Workshop 1.45 Home Again with Bob Vila 2.15 How to with B & Q 2.20 The House Doctor 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am World Wind Surf 10.30 High Adrenalin Action 11.00 Trainspotters 12noon Ibiza 2000 12.30pm High Adrenalin Action 1.00 Byte Me 1.30 Scratch TV 2.00 Adrenalize 2.30 Adrenalize 3.00 That Film Show 3.30 Byte Me 4.00 e-trippers 4.30 Boardstupid 5.00-6.00pm buzz:tracks

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Tuesday 11 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM
4.00pm Rex Hunt Fishing Adventures
Rex and Geoff fish for trout on Victoria's Goulburn River.
4.30 Discovery Today

5.00 PM
5.00 The History of Water
An insight into man's relationship with water, in terms of history, economics, politics and religion.

6.00 PM
6.00 Hunters
The Dangerous Sea
A look at the weapons of death and the armaments of defence which equip the predators of the sea.

7.00 PM
7.00 Secret Mountain
Chris Bonington and his team discover that snow has blocked the main route to the mountain.
7.30 Discovery Today

8.00 PM
8.00 Medical Breakthroughs
The Mysteries of Cold-Water Survival
How extreme cold water can actually help save lives.

9.00 PM
9.00 The Napoleon Murder Mystery
A look at Napolean's final years spent in exile on St Helena and the story of his mysterious death.

10.00 PM
10.00 Nelson Mandela's Long Walk to Freedom
The final in a two-part portrait of Nelson Mandela's life and achievements.

11.00 PM
11.00 Tanks!
On Campaign
Documentary about the experiences of the men who fought inside the tanks of World War II.

12.00
12midnight Time Team
Downpatrick
The team excavates one of Britain's most important religious sites – the first settlement of St Patrick.
1.00am Future Tense
Future Foods
1.30-2.00am Discovery Today

NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino 6.00 Fat Dog 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

3.00
Fat Dog Mendoza
The adventures of a hefty hound explorer and friends.
3.30
Dexter's Laboratory
4.00
The Powerpuff Girls
Animated adventures with the pint-sized heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Johnny Bravo
More preening and posturing from the self-styled King of Cool.
6.00 Tom and Jerry
Madcap antics with the sparring cat and mouse.
6.30 The Flintstones
More from the men behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky adventures.
7.30 Looney Tunes
8.00
Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm
FILM: Poltergeist
Craig T Nelson, JoBeth Williams, Beatrice Straight
Horror. A young family are visited by ghosts in their home. At first the ghosts appear friendly, but then begin terrorising the family before they kidnap the youngest daughter.
Widescreen *1982*
11.15-1.00am FILM: The Subterraneans
Leslie Caron, Janice Rule
Drama about life and love among the beatniks. *1960*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

NICKELODEON
FAMILY PACK

7.00am Rugrats 7.30 Kenan and Kel 8.00 Sabrina the Teenage Witch 8.30 Hey Arnold! 9.00 Arthur 9.30 Fraggle Rock 10.00 The Magic School Bus 10.30 Bananas in Pyjamas 11.00 Babar 11.30 Arthur 12noon Thomas the Tank Engine 12.30pm Blue's Clues 1.00 Rugrats 1.30 Noah's Island 2.00 Babar 2.30 Mona the Vampire

3.00
The Wild Thornberrys
3.30 Rugrats
Fun with the tousle-headed nippers with the over-fertile imaginations.
4.00 Hey Arnold!
More adventures with the kid with the cool quiff.
4.30 Two of a Kind
Comedy with the twins and their single father.
5.00 Sabrina the Teenage Witch
5.30 Kenan and Kel
The adventures of two funky friends.
6.00 Sister Sister
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Ellen
Do You Fear What I Fear?
Ellen gets a cemetery plot as a gift from her parents.
8.30 Just Shoot Me
Old Boyfriends
9.00 Married... With Children
Yard Sale
9.30 Cybill
Some Like it Hot
Cybill is menopausal.
10.00 Frasier
Odd Man Out
Frasier contemplates life as a single man.
10.30 Harry Hill
Surreal comedy show.
11.00 Vic Reeves Big Night Out
11.30 Cheers
Art of the Steal
Rebecca and Sam get trapped overnight.
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio
1.35 Duckman
2.00 DiResta
2.30 Nurses
3.00
It's Garry Shandling's Show
3.30-4.00am Abbot and Costello

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody Woodpecker 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

3.00 Diabolik
3.25
Woody Woodpecker
3.35 Sailor Moon
Animated fun with the schoolgirl crime-fighters.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50
Mad Jack the Pirate
5.00
Monster Rancher
5.20
Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Special 7.00 Sports Shop! 7.30 Kitchen Shop! 8.30 Holiday Shop! 9.30 Kids Shop! 10.00 Jewellery Shop! 11.00 Beauty Shop! 11.30 Technology Shop! 12noon Shop! Outlet 12.30pm Shop! Selection 1.30 Shop! Special 2.30 Clothes Shop! 3.30 Home Shop! 4.30 Kitchen Shop! 5.30 Shop! Preview 6.00 Shop! Selection 7.00-7.30pm Jewellery Shop! Gemstone jewellery.

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows. Saturdays: The best of the week and children's programming. Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am Morning 5.30 Business 6.00 Morning 6.30 Business 7.00 Morning 7.30 Business 8.00 Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Science & Technology 1.15 Asian Edition 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Beat 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 WorldView 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia Business 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 The Book Show 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 The Book Show 4.30 Showbiz Weekly 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Découverte 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Inédits 10.00 Claire Lamarche 11.00 Infos 11.05 100% Questions 11.30 Journal Télévisé 12noon Infos 12.05pm Autour du Tour 1.00 Journal Télévisé 1.15 Cinéma: L'Adolescente 3.00 Journal Télévisé 3.15 Questions 3.30 Taxi pour l'Amérique 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal Télévisé 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal Télévisé 7.30 Journal Télévisé 8.00 Infos 8.05 Temps Présent 9.00 Journal Télévisé 9.15 Les Revenants 11.00 Le Journal du Tour 11.30 Infos 11.35-12midnight Journal Télévisé

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Naqab 8.00 News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Kabhi Yeh Kabhi Woh 12.30pm Galatnaama 1.00 Katha Sagar 1.30 FILM 4.00 Akbar Birbal 4.30 Aarthi 5.00 Majdhaar 6.00 Main Anari Tu Anari 6.30 MTV Made in India 7.00 Katha Sagar 7.30 News 8.00 Kabhie Kabhie 8.30 FILM 11.30 News 12midnight MTV Made in India 12.30am Kabhie Kabhie 1.00 FILM 4.00 Main Anari Tu Anari 4.30 Kabhi Yeh Kabhi Woh 5.00 Majdhaar 6.00 Akbar Birbal 6.30 DD Programme 7.00-7.30am Jai Veer Hanuman

ZEE TV
ADD-ON CHANNEL

6.00am Aap Ki Farmaish 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Iskcon 7.30 News 8.00 Out and About 8.30 Tara 9.00 Aashiana 9.30 Lakeerein 10.00 Rehne Do 11.00 Khana Khazana 11.30 Aangan 12noon FILM 3.00pm Hadd Kar Di 3.30 Top of the Tops 4.00 Raahat 4.30 Callmate Top Ten 5.30 Aangan 6.00 Gubbare 7.00 Ikke Pe Ikka 7.30 Chalo Cinema 8.00 News Bulletin 8.30 Janam 9.00 A Day Out with a Star 9.30 Daayre 10.00 Thriller at 10 10.30 Mahabharat 11.30 Nagin 12midnight Punjabi News 12.15am News Bulletin 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00-6.00am VCD Zabardast

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Good News 5.30 Gospel Truth – Andrew Wommack 6.00 Hour of Deliverance 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This Is Your Day 8.00 CMTV 8.20 Thought for the Day 8.30 Life in the Word 9.00 Rhema Praise 9.30 Winning Ways 10.00 CMTV 10.30-11.00am 700 Club Replay

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 3.30 Wall Street Report 4.00 Tokyo Live 4.30 Wall Street Report 5.05-6.00am Tokyo Live

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am House of Lords 7.00 The Record 7.30 House of Lords 10.00 Westminster Hall 1.00pm House of Lords 2.30 House of Commons 11.00-11.30pm The Record

THE HISTORY CHANNEL
WORLD PACK

12noon Asteroid
12.55pm Photos for the Future II
1.00 Titanic
Shattered Dreams
2.00 Biography
Baby Face Nelson
3.00 Spies
The Magician and the Samurai
3.30 Victory at Sea
The Fate of Europe
4.00 Famous Small Arms
5.00 Simulators
6.00 The Gold of El Dorado
6.55 Photos for the Future II
7.00 Titanic
An Almighty Jolt
8.00 Biography
Jack Lemmon
9.00 Great Crimes and Trials
Night Stalker
A look at one of the most vicious crime sprees in American history.
9.30-10.00pm Great Crimes and Trials
The Hillside Stranglers

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Discover Diamonique at 9.00pm.

Power Cable kids

COMPILED by PHILIPPA PROBERT

Stepping it up

As Steps fever hots up Saturday nights this month, *Cable Guide* makes a date with the famous five on their recent tour

This is the biggest UK Steps tour to date. How's it going?
Lee: It's going very well. The audiences have been really great.

What's the toughest, and the most thrilling, part about it?
Faye: The toughest part is probably waking up in the morning after a really great after-show party. The thrilling bit is being on stage every night.

Do you have a favourite part of your stage performance?
H: I love the part where I fly out over the audience and do cartwheels in the air.

Describe a typical day on the road.
Lisa: Wake up. Travel to the next venue. Do some promotion. Have a sound check. Have dinner. Have a bit of quiet time before getting dressed and going on stage. And then – showtime!

Have you experienced any mishaps or surprises on tour?
Faye: Thankfully nothing too bad, but H's flying contraption got stuck the other night.

You spend a lot of time together. How do you avoid getting on each other's nerves?
Lisa: When we need space, we'll go to our rooms and unplug the phone, but we're good mates and it's fun being together.

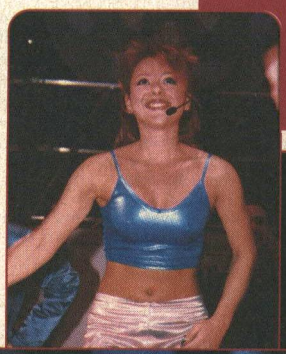
When is the third album due for release and what can the fans expect?
Lee: It should be out in the autumn and it's going to be a surprise!

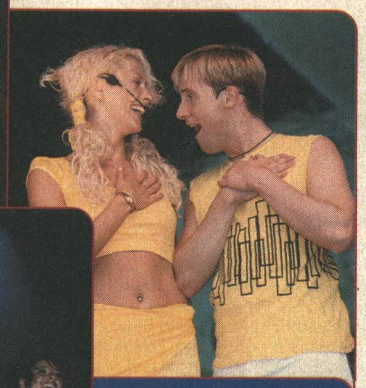
What are your plans for this summer and the rest of the year?
Faye: Have a holiday. Release a new double A-side single (*When I Said Goodbye/Summer of Love*) on 3 July. Finish the album, and maybe go to America.

How does it feel to be one of the most successful pop groups of your era?
Claire: Completely amazing. I am constantly thankful to everyone who likes us and our music.

You also have a Best of Steps album on the horizon – does this mean the end of Steps?
H: No, Steps will go on.

The One & Only: Steps
Sky One, Saturday 1st, 7.00pm
Steps Night, ITV2, Saturday 29th, from 8.00pm
Steps also feature in ***Abba Night: Abbamania***, ITV2, Saturday 8th, 10.00pm





Left (l-r) Faye, Lee, Claire, H and Lisa 'Steps' to the beat; above left, Lisa gets on down; above, Faye and H sing it out to their hearts' content

Disney Channel is the stuff of legends

GATHER ROUND for Disney Channel's Legendary Weekend, Saturday 22nd – Monday 24th, when the UK's top family channel is unencrypted and available to all*.

As part of this packed extravaganza, there will be an exclusive interview and a display of awesome soccer skills by 'legend in the making' Michael Owen, plus the opportunity to win an exclusive place at Michael Owen's very own Soccer School!

Disney Channel is the home of story-telling, so who better to bring you classic tales, such as *Mary Poppins*, Rodgers and Hammerstein's *Cinderella* and Disney's *The Lion King II: Simba's Pride*. There are lots of legends of the past, present and future to enjoy; as well as all your favourite shows, the latest celebrity gossip, the chance for you to win amazing prizes and nominate your own heroes!

To celebrate this three-day summer special, Disney Channel is giving away 20 brilliant goody bags, stuffed with summer goodies to keep your holidays packed with fun!

To enter, just answer this question:
Which football star will be showing off his footie skills on Disney Channel?

Send your answer on a postcard with your name and address to: Cable Guide/Disney competition, PO BOX 2176, London W1A 5TW.

The first 20 correct entries drawn will win. Closing date 31 July 2000. Full competition rules are on page 216. *Available to cable subscribers. Participating operators only.

PHOTOS: RETNA, © DISNEY

Wednesday 12 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Narrow Escape
Drama. *1997, rating Sky U, 90 mins*
8.00 Pit Pony
1997, rating Sky PG, 88 mins
9.30 The Journey of Natty Gann
1985, rating Sky PG, 97 mins
11.15 Zeus and Roxanne
1997, rating Sky U, 94 mins
1.00pm
The Legend of Pirate's Point
Mystery. *1999, rating Sky U, 82 mins*
2.30 Keep the Aspidistra Flying
Richard E Grant, Harriet Walter
Quirky comedy adapted from George Orwell's novel. An advertising executive working at the height of the 1930s depression rebels against the money-obsessed world he lives in. **Text** **Last Play** *1997, rating Sky PG, 97 mins*

4.15
The Journey of Natty Gann
Meredith Salenger, John Cusack, Scatman Crothers, Ray Wise
Family adventure set in the depression. A feisty young girl flees the clutches of her guardian and sets off in search of her father, who has gone to find work some 2,000 miles away. *1985, rating Sky PG, 97 mins*

6.00 Zeus and Roxanne
Steve Guttenberg, Kathleen Quinlan, Dawn McMillan
Family adventure in which a marine biologist finds that a dog has stowed away aboard her boat. As the animal forms an unlikely friendship with her captive dolphin, a bond also begins to form between the scientist and the hound's musician owner. **Last Play** *1997, rating Sky U, 94 mins*

8.00 There's Something about Mary
Ben Stiller, Cameron Diaz, Matt Dillon, Lee Evans
Romantic comedy in which a writer decides to track down the student he was infatuated with at high school. However, the plan goes wrong when the detective he hires begins to fall for the young woman. **Text** *1998, rating Sky 15, 114 mins*

10.00 Resurrection
Christopher Lambert, Rick Fox, James Kidnie, Leland Orser
Crime thriller. A detective is given the job of tracking down a serial killer who believes he is a descendant of Judas and who has set out to reconstruct the body of Christ. **Text** *1999, rating Sky 18, 103 mins*
11.50
Inventing the Abbotts
Coming-of-age drama. **Text** *1997, rating Sky 15, 103 mins*
1.40am Payback
Action. *1990, rating Sky 15, 91 mins*
3.15 The Experts
1989, rating Sky 15, DS, 89 mins
4.50-6.30am
The Legend of Pirate's Point
1999, rating Sky U, 82 mins

SKY MOVIEMAX
PREMIUM CHANNEL

6.05am Harvest
Drama. *1993, rating Sky U, 90 mins*
8.00 Alien Contact: Are We Alone?
1998, rating Sky U, 91 mins
10.00 A Thousand Heroes
1992, rating Sky PG, 88 mins
12noon Danielle Steel's Changes
Cheryl Ladd, Michael Nouri
Romantic drama in which a TV anchorwoman falls for a cardiologist. *1991, rating Sky PG, 91 mins*
2.00pm
Alien Contact: Are We Alone?
Documentary-style film which explores late-20th century phenomena such as alien sightings and abductions and asks the age-old question: are we alone? *1998, rating Sky U, 91 mins*

4.00 A Thousand Heroes
Charlton Heston, Richard Thomas, James Coburn
Drama in which a pilot tries to land a DC-10 when the engines blow out on a routine flight. As he fights to control the plane he has no idea of the situation on the ground, where the authorities squabble over the best way to deal with the impending disaster. *1992, rating Sky PG, 88 mins*

6.00 Perfect Body
Amy Jo Johnson, Brett Cullen, Cathy Rigby, Wendie Malick
Drama about a teenage gymnast leading an idyllic teenage life as she strives to make the Olympic grade. However, her obsession with achieving the 'perfect body' leads to her developing anorexia, a condition which threatens to destroy her life. *1997, rating Sky PG, 85 mins*

8.00 Talos the Mummy
Jason Scott Lee, Louise Lombard, Sean Pertwee, Lysette Anthony
Chiller in the tradition of the cult Hammer Horror movies. An ill-fated archaeologist breaks the seal of a mummy's tomb and inadvertantly unleashes an ancient curse, bringing death and destruction to the world as the mummy seeks immortality. *1998, rating Sky 15, DS, 113 mins*

10.00 The President's Man
Chuck Norris, Dylan Neal
PREMIERE Action. The First Lady is kidnapped and a top-secret operative charged only with the most dangerous missions is called into action. *1999, rating Sky 18, 87 mins*
11.35 Out for Justice
Steven Seagal, William Forsythe
Action thriller about a battle between childhood buddies that turns Brooklyn into a war zone. *1991, rating Sky 18, DS, 87 mins*
1.10am Let it Be Me
Romantic drama. *1995, rating Sky 12, DS, 92 mins*
2.50 The Butcher Boy
Text *1997, rating Sky 15, 106 mins*
4.40-6.20am Perfect Body
1997, rating Sky PG, 85 mins

MOVIE RATINGS

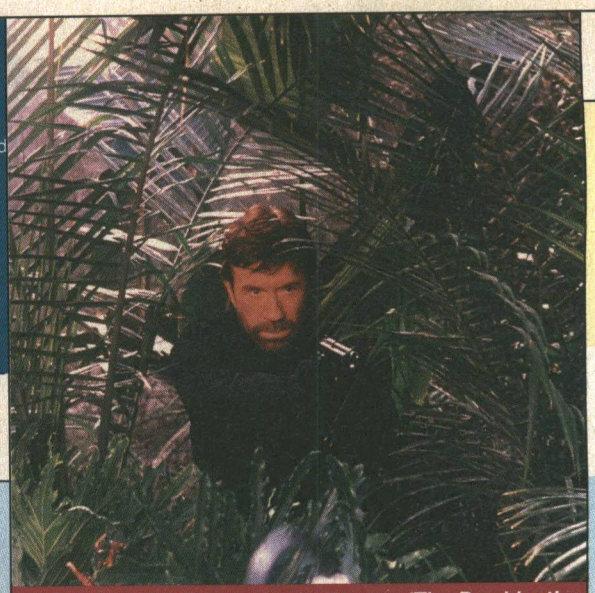
Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm Ocean's 11
Frank Sinatra, Dean Martin, Sammy Davis Jr, Peter Lawford
Crime comedy. The leader of a gang of criminals who were friends during World War II hatches an audicious scheme to rob five of Las Vegas' most prestigious gambling halls in one evening. However, all does not go quite according to plan. *1960, rating Sky PG, 122 mins*
6.10
40 Guns to Apache Pass
Audie Murphy, Michael Burns, Kenneth Tobey, Laraine Stephens
Western in which a Cavalry captain takes on the Apache nation almost singlehandedly in a bid to help a group of homesteaders. However, he is undermined by a corporal who is selling guns to the Indians. *1967, rating Sky PG, 91 mins*

8.00 Bright Angel
Dermot Mulroney, Lili Taylor, Sam Shepard, Valerie Perrine
Road movie about a teenage boy who offers to drive a young drifter across the state to bail her brother out of prison. Along the way, she opens his eyes to experiences and ways of thinking that have never before surfaced in his simple existence. *1991, rating Sky 15, 89 mins*

10.00 Homicide
Joe Mantegna, William H Macy, Natalija Nogulich, Ving Rhames
Thriller. A Jewish cop in Baltimore investigating the murder of an elderly Jewish woman comes to believe that a hate campaign is being waged against Jews in the city. *1991, rating Sky 15, DS, 97 mins*
11.45 Cruising
Al Pacino, Paul Sorvino
Thriller. A cop goes undercover to catch a killer of homosexuals. *1980, rating Sky 18, 96 mins*
1.30am Bright Angel
1991, rating Sky 15, 89 mins
3.05 Homicide
1991, rating Sky 15, DS, 97 mins
4.50-6.00am The Directors: The Films of Mark Rydell



The evergreen Chuck Norris stars as 'The President's Man' in this action premiere. Sky MovieMax 10.00pm

FILMFOUR
ADD-ON CHANNEL

6.00pm Suspicion
Joan Fontaine, Cary Grant, Nigel Bruce, Cedric Hardwicke
Thriller in which a rich woman marries an irresponsible charmer, ignoring her friends' claims that he is only interested in her money. However, the suspicious death of her husband's business partner raises fears that his true motives are even darker than her friends imagined. *1941, 96 mins*
8.00 Enemy Mine
Dennis Quaid, Louis Gossett Jr, Brion James, Richard Marcus
Sci-fi drama in which a warrior fighting lizard-like aliens on a distant planet finds himself battling at close quarters with one of the enemy. However, when the creature gives birth before expiring, the earthling feels compelled to protect the baby alien. **Text** *1985, 103 mins*
10.00 Heaven and Earth
Hiep Thi Le, Tommy Lee Jones, Joan Chen, Debbie Reynolds
Drama forming the third part of Oliver Stone's Vietnam trilogy. A Vietnamese prostitute meets a kindly US soldier in Saigon, who persuades her to marry him and come to America. However, they both find that life in the USA is not as simple as they imagined. *1993, 135 mins*
12.20am Carla's Song
Robert Carlyle, Oyanka Cabezas
Romantic drama. *1996, 120 mins*
2.25
Beneath the Planet of the Apes
Science fiction sequel. **Widescreen** *1970, 91 mins*
4.00-6.00am
Voyage to the Bottom of the Sea

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm
Wake of the Red Witch
John Wayne, Gail Russell, Gig Young, Adele Mara
Adventure charting the bitter rivalry between a sea captain and a shipping magnate, caused by the tycoon stealing the sea-dog's sweetheart. Consumed by hatred for his love rival, the captain eventually realises how to get his revenge. *1949, 106 mins*
9.00pm Spotswood
Anthony Hopkins, Alwyn Kurts, Ben Mendelsohn, Russell Crowe
Comedy drama in which a cold-hearted management consultant is called in to increase efficiency at a family-run shoe factory. As he spends more time with the factory's employees, the newcomer realises that efficiency and respect for the workers can go hand-in-hand. *1991, 93 mins*
11.00 Midnight Express
Brad Davis, Irene Miracle, Bo Hopkins, Randy Quaid
Drama in which a US citizen is thrown into a brutal Turkish jail for trying to smuggle cannabis out of the country. *1978, 120 mins*
1.15am Choose Me
Lesley Ann Warren, Keith Carradine
Comedy drama. *1984, 106 mins*
3.15 Glen or Glenda?
Bela Lugosi, Dolores Fuller
Fantasy drama. *1953, 61 mins*
4.45-7.00am Tiara Tahiti
James Mason, John Mills
War drama. **Text** *1962, 100 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.
KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

I'LL BE HOME FOR CHRISTMAS
Rating PG, 83 mins
Comedy. A teenager has to race from California to New York to gain the Porsche his father promised him if he gets home for Christmas. Stars Jonathan Taylor Thomas and Jessica Biel.
T/C: Christmas comedy, families.
BL: Occasional, mild.
S/N: Infrequent, mild references.
V: None.
6.20am, 8.00am, 9.40am, 11.20am, 1.00pm, 2.40pm, 4.20pm

Channel 51 Evening

IN DREAMS
Rating 18, 96 mins
Thriller. An artist seems to have a mental link with a psychopath and is haunted by dreams about his next victims. Eventually she takes a frightening course of action. Stars Annette Bening and Aidan Quinn
T/C: Psychic thriller.
BL: Frequent, strong.
S/N: Infrequent, mild.
V: Frequent, strong horror.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

JACKIE CHAN'S WHO AM I?
Rating 12, 104 mins
Action comedy. A secret agent is left behind in Africa suffering from amnesia when a mission goes wrong and he seeks the help of a local tribe in an attempt to regain his identity. Stars Jackie Chan.
T/C: Action comedy, conspiracy.
BL: Infrequent, mild.
S/N: None.
V: Occasional, moderate.
6.30pm, 8.30pm, 10.30pm, 12.30am, 2.30am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple attempt to recover from the effects of a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

Wednesday 12 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Earthworm Jim
6.30 Grimmy
7.00 Starship Troopers
7.30 Pokémon
8.00 Pokémon
8.30 Pokémon
9.00 The Oprah Winfrey Show
10.00 Jenny Jones
11.00 Sally Jessy Raphael
12noon Jenny Jones
1.00pm Sally Jessy Raphael
2.00 Jenny Jones

3.00 Earthworm Jim
The Book of Doom
Earthworm Jim battles to save the universe from Evil The Cat.
3.30 Pokémon
Wherefore Art Thou, Pokémon
4.00 Pokémon
Git Along, Little Pokémon
4.30 Pokémon
The Mistery Menace
Ash, Misty and Tracey encounter a monster on Trovita Island.
5.00 Star Trek: Voyager
Waking Moments
The crew of *Voyager* is attacked by a mysterious species who occupy a parallel reality and appear only in dreams. Text
6.00
Xena: Warrior Princess
Married with Fishticks
When Gabrielle is knocked unconscious in the sea, a merman convinces her she is his wife.
7.00 The Simpsons
Eight Misbehavin'
Apu's wife gives birth to octuplets. Text
7.30 The Simpsons
Grift of the Magi
8.00 The Best of Stargate SG-1
Broca Divide
O'Neill and the SG-1 team undergo a transformation. Text

9.00 Good vs Evil
Cliffhanger
Henry and Chandler battle to try and save a writer who has signed his soul away to a Morlock publisher.
10.00 Cons
Kill
Documentary series exploring the dark and murky world of the prisoner and providing a glimpse into the reality of prison life.
11.00 Uncut! The Villa
The crew go behind the scenes to discover how well a group of youngsters, selected by computer, will get on spending a week together in a holiday villa.
12midnight Star Trek: Voyager
Waking Moments
The crew of *Voyager* is attacked by a mysterious species. Text
1.00am New York Undercover
Don't Blink
An angry store owner pays a hitman to kill three gangsters who collect money from local merchants.
2.00-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Keeping Up Appearances
6.30 Birds of a Feather Text 7.05 Crossroads 7.30 Dynasty
8.25 EastEnders Text
9.00 The Bill Text
9.30 The Bill Text
10.00 The House of Eliott
11.00 Knots Landing
11.55 Neighbours
12.25pm EastEnders Text
1.00 Dangerfield
2.00 Knots Landing

3.00 The Bill
Two's Company
Greig and Croft investigate a burglary. Text
3.30 The Bill
Inside Edge Text
4.00 EastEnders
Ricky and Bianca plan to have a secret rendezvous. Text
4.35 Neighbours
Annalise is shocked to learn the truth about her boss.
5.00 'Allo 'Allo!
Still searching for the fallen Madonna, Herr Flick gives Helga a truth drug. Text
5.40 Bread
Carla Lane's Liverpudlian sitcom about the Boswells. Text
6.20 The Brittas Empire
Shall We Dance?
The staff at Whitbury Leisure Centre attend a Gala Ball.

7.00 Just Good Friends
Mr and Mrs Warrender plan a surprise for Penny's birthday.
7.40
Keeping Up Appearances
Hyacinth decides to buy a new car but aims higher than most.
8.20 Birds of a Feather
Cheers
The boys are out of prison and life will never be the same again for Sharon and Tracy. Text

9.00 The Echo
Concluding the two-part drama based on the novel by Minette Walters. Mike Deacon finds himself spending Christmas Day with a homeless youngster. Text

10.35 Dangerfield
Dangerfield examines three teenage boys found in possession of ecstasy. When one of the boys collapses in his cell, an overdose seems to be the obvious cause, but when the boys deny taking drugs Dangerfield faces a rush against time to identify the illness. Text
11.40 The Bill Text
12.10am The Bill Text
12.45 The Thin Blue Line
1.20 Casualty
2.25 EastEnders Text
2.55 Dangerfield Text
3.50 Whatever
Happened to the Likely Lads?
4.25 'Allo 'Allo! Text
4.55 Bread Text
5.25-6.00am The Brittas Empire

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 8.50 Practical Parenting 9.00 Brookside 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich
12.30pm Special Babies
1.00 Little Miracles
1.30 Judge Judy
2.00 Streetmate
2.30 Maury Povich

3.20 Relationship SOS
Programme giving advice to people who feel they need to revamp their relationships.
3.50 Forgive or Forget
Mother Love tries to resolve love and relationship problems by giving guests the opportunity to forgive each other.
4.40 Oh Baby
Sitcom about a successful single woman who has had a baby by artificial insemination.
5.05 Streetmate
Davina McCall tries to fix up single people with a date.
5.35 Ready, Steady, Cook
The cookery show in which top chefs compete against the clock.
6.10
The Jerry Springer Show
Outrageous US talk show in which Jerry Springer and his guests engage in lively chat.
7.00 Judge Judy
Judge Judy Sheindlin presides over a series of real-life cases.
7.30 Will and Grace
US sitcom about two roommates one gay, the other straight.
8.00 Charmed
NEW SERIES Drama series about three sisters who have inherited a house – and powers of witchcraft – from their grandmother. ● FEATURE: page 12
9.00 FILM:
Going Underground
Tim Matheson, Joanna Kerns, LaTanya Richardson
Thriller in which a mother and her children go underground to hide from her cruel and abusive husband. Using new identities and altered appearances, they disappear and attempt to re-build their shattered lives. *1993*
10.50 Secret Suburbia
A look at some seemingly ordinary suburban residents and their extraordinary lives.
11.20-12midnight
Erotic Confessions
More erotic tales.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission Impossible 11.00 Only When I Laugh 11.30 The Lovers 12noon Classic Coronation Street Text 12.30pm Emmerdale Text
1.00 Sorry! 1.30 Bless This House
2.00 Hawaii Five-0

3.00 Boon
Boon becomes a minder for a spy who has just been released from prison – a newspaper has the man under exclusive contract and wants to protect its story.
4.00 Kojak
Laid Off
A rookie cop, laid off from the force, finds himself with two jobs, a sick wife and in debt – making him susceptible to a bribe.
5.00 Hart to Hart
Max in Love
When Max falls in love, the Hart household is ransacked by big-time burglars and a murder frame is hung on Max.
6.00 Emmerdale
A bouquet of flowers arrives at the McAllisters'. Text
6.30
Classic Coronation Street
Bet gets dressed up. Text
7.00 Sorry!
My Family and Other Monsters
Timothy falls in love but will Mother let him leave home?
7.30 Robin's Nest
Sleeping Partners
8.00 Boon
Have a Nice Day
Boon and Margaret try to track down a missing husband who has absconded with the firm's money. Stars Michael Elphick.
9.00 Kojak
Once More from Birdland
A young singer becomes the target of a murderer.
10.00 Hale and Pace
10.30-11.00pm
The Comedians

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Sex TV
A look under the covers of the steamy world of movie making.
11.30 Sexy Shorts
A cheeky look at the hottest and horniest videos around town.
12midnight
South Beach Model Search
A series of bikini contests.
12.30am E! Wild On...
The Millennium
Viewers go on a tour of the most exotic locations around the globe from Australia to the Taj Mahal.
1.20 Sexy Shorts
1.50-2.00am Crash of the Titans

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Classic Toons 10.35 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Classic Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
Undersea adventures. Text
3.30 Sabrina
More trouble is brewing with the half mortal/half witch. Text
3.55 Art Attack
Art show packed with visual delights and great ideas. Text
4.30 Recess
Animation following the adventures of fourth grade life.
4.45 Recess Text
5.00 Miami 7
A fun-filled mix of music, comedy and drama. Text
5.30 Smart Guy
Don't Do That Thing You Do
TJ joins the band. Text
6.00 Boy Meets World
Santa's Little Helpers
Eric volunteers to be Santa for some local orphans.
6.30 Microsoap
Fun-filled kids' sitcom. Text
7.00 FILM: Fluke
Matthew Modine, Eric Stoltz
Drama about a dog who goes on a journey in search of his family. Along the way, he makes new friends and learns the ropes of the canine world from a pooch called Rumbo. Text *1995*
8.30 Honey, I Shrunk the Kids: The TV Show
Honey, The Future's Comin' Back to Me
Wayne develops a mean machine powered by burps. Text
9.15 Flipper
Live action marine adventure in Florida with TV's most famous and best-loved dolphin. Text
10.00 Home Improvement
Comedy double bill. Text
11.00
Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

WEDNESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Glen or Glenda
Carlton Cinema 3.15am
Set your videos for this delirious, one-of-a-kind offering from the endearingly inept, cross-dressing exploitation auteur Ed Wood. Amid the pointless stock footage and strange asides with Bela Lugosi, there emerges a passionate plea for understanding towards transvestites.

GENERAL

Cons
Sky One 10.00pm
A new four-part documentary series exploring prison life. With its unprecedented access to jails in the USA, the UK and Denmark, *Cons* reveals national differences and harrowing real-life accounts that make you glad to be on the outside.

ADVERTISEMENT
UK PLAY

VIC REEVES EXAMINES 9.40PM
Vic Reeves embarks on his first solo project without comedy partner Bob Mortimer in this unmissable new series made exclusively for UK Play. Exploring what makes Vic Reeves' mind tick, tonight's guest is Jools Holland discussing the chosen topic of dynamite!

Wednesday 12 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Grand Touring
8.30 Cycling
10.00 Tennis – LIVE
12noon Equestrianism
1.00pm Sailing
1.30 Trial
World trial bike action, staged in Valdeblore, France.
2.00 Kiteboarding
Coverage of the Kiteboarding Pro Jam in Helgoland, Germany.

3.00 PM
3.00 Cycling
Highlights of the 11th gruelling stage of the Tour de France, which takes the field of cyclists through 219km of beautiful French countryside, from Bagnères de Bigorre to Revel.

4.00 PM

5.00 PM
5.00
Sports Car Racing
Motor racing action from the FIA Sports Racing World Cup in Road America, USA.

6.00 PM
6.00
Start Your Engines
Coverage from the Indy Lights championship and highlights from the FIA Sports Racing World Cup.

7.00 PM
7.00 Sumo
More wrestling action as the Sumo giants battle it out in the Grand Sumo Tournament, staged in Tokyo, Japan.

8.00 PM
8.00 Athletics
Coverage of the 12th African Athletics Championships in Algiers – an ideal pre-Olympic test for Africa's athletes.

9.00 PM
9.00 Cycling
More cycling action from the Tour de France.

10.00 PM

11.00 PM
11.00 Superbike
Two-wheeled action from the World Championship in Laguna Seca, USA.
11.30-12.30am
Start Your Engines
Motor racing magazine programme.

12.00 NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 WWF – Metal 8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Euro Tour Weekly 10.00 Golf: Forest Pines Classic 11.00 Golf: Whitekirk Tournament 12noon Aerobics Oz Style 12.30pm Schoolboy International: England v Thailand 2.30 Fastrax

3.00 Premier Snooker League
Seven of the world's best players compete over eight frames a match in their bid to become the 14th Premier Snooker League champion. See if John Higgins can successfully defend his title.

5.00 World Wrestling Federation – Metal
Michael Cole and Kevin Kelly host an action-packed hour of grappling from the WWF circuit.

6.00
Sky Sports Centre
6.30
Big Fight Countdown
Preview of a forthcoming international boxing contest.

7.00 Futbol Mundial
The best football action from around the world.

7.30 Masters Football: Yorkshire Masters – LIVE
Former football players and club managers from around Yorkshire aim to roll back the years and compete in the Yorkshire Masters championship, held at the Sheffield Arena. The winners will progress to the Masters of Britain final in October.

10.30
Sky Sports Centre
The latest news from the world of sports.
10.45
Big Fight Countdown
11.15
Trans World Sport
The latest, ground-breaking sports stories from around the world.
12.15am Sky Sports Centre
12.30 Futbol Mundial
1.00 Rugby League World
2.30 Masters Football: Yorkshire Masters
5.30-5.45am
Sky Sports Centre
A comprehensive round-up of the very latest news.

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News 8.15 Fastrax 8.45 Sky Sports Centre 9.00 Sports Unlimited 10.00 Premier Snooker League 12noon Show Jumping: LA Memorial Classic 1.00pm Asian Sports Show 1.30 Ladies' Golf: German Open 2.30 Golf: Whitekirk Tournament
Coverage of the MasterCard British Professional Tour.

3.30 Golf Extra
Dominik Holyer keeps you up to date on the ins and outs of the golfing world with a two-hour special of news, tour information, a collection of behind the scenes features and interviews with the stars.

5.30
Watersports World
A comprehensive look into the world of watersports.
6.30
Sporting Auction – LIVE

8.00 Golf Extra
Dominik Holyer keep you up to date on the ins and outs of the golfing world with a two-hour special of news, tour information, a collection of behind the scenes features and interviews with the stars.

10.00
British Superbike – Full Throttle
The latest news and views from the British Superbike Championship.
11.00 Australian Rally Championships
Rally driving action.
11.30 Telegraph Action Sport

12midnight Wild Spirits
12.30am
Watersports World
1.30 Big Fight Countdown
2.00 Transworld Sport
3.00-3.15am
Sky Sports Centre
The latest sporting news.

SKY SPORTS 3
PREMIUM CHANNEL

12noon Max Power
Motorsport magazine show.
1.00pm Sports Unlimited
A comprehensive look at the world of alternative sports.
2.00
Big Fights: Henry Cooper
A look back at the 20-year career of Henry Cooper, a boxer who has become a national institution as well as a sporting hero.

3.00 A to Z of Motorsport
The history of the motor racing circuit.
3.30
International Bowls: Australian Five-a-Side – Doubles Final
The action continues as the Australian five-a-side tournament reaches the doubles final stage.

5.30 Telegraph Action Sport

6.00
Euro Tour Weekly
The latest golfing news.
6.30 The Winning Post: Kempton/ Worcester – LIVE
Horse racing action from the evening's meetings at Kempton and Worcester.

8.30
Rugby League World
All the up-to-date news and latest rugby league developments from around the world. Includes action from the Super League and the Australian National Rugby League championship.

10.00 Steve Davis and Friends: Tony Knowles
Snooker legend Steve Davis chats with veteran player Tony Knowles.
11.00-11.30pm
Brian Moore Interviews: Tony Brown
Brian Moore chats with the former West Brom star.

SCI-FI
ACTION PACK

8.00am
Battlestar Galactica
9.00 Land of the Giants
10.00 Swamp Thing
10.30 Swamp Thing
11.00
The Six Million Dollar Man
12noon Babylon 5
1.00pm Amazing Stories
The Mission
2.00 Battlestar Galactica
War of the Gods – Part I

3.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or some near-death experiences.

4.00
Land of the Giants
Brainwash
The space travellers must destroy a newly-found means of contacting Earth.

5.00 Swamp Thing
A Jury of His Fears
5.30 Swamp Thing
Poisonous
A filmmaker aims to make his next film at the swamp.

6.00 The Six Million Dollar Man
Lost Love
An old flame of the bionic man becomes the target of kidnappers.

7.00 Amazing Stories
The Mission
A courageous World War II gunner trapped inside a B-17 aircraft faces inevitable death.

8.00 Quantum Leap
Hurricane
Sam must prevent the girlfriend of Sheriff Archie Necaise falling victim to Hurricane Camille in 1969.

9.00
The Burning Zone
The Last Endless Summer
Surfers are coming down with a fatal disease and Cassian's team is called in.

10.00 FILM: Lord of Illusions
Scott Bakula, Famke Janssen
A private detective stumbles on to a mystery involving a magician and his wife. The case becomes linked to the resurrection of an evil sorceror and he finds himself battling the forces of darkness. *1995*
12midnight Lexx
1.00am
FILM: Fright Night Part II
Roddy McDowell, William Ragsdale, Traci Lind
Horror movie. *1989*
3.00-4.00am Babylon 5
And the Rock Cried Out, No Hiding Place

MTV
MUSIC & GAMES PACK

6.00am Select MTV
8.00 MTV Hits
9.00 Bytesize MTV
12noon MTV Hits
12.30pm Daily Edition
Music and showbiz news.
1.00 MTV Hits
Back-to-back smash hits.
2.00
The Lick R&B Chart Show
Trevor Nelson takes a look at the UK R&B scene.

3.00 Bytesize MTV
A constant barrage of bizarre moments from different MTVs around the world in short soundbites.

4.00 Select MTV
Viewers make MTV their personal jukebox. Live from London every day with two hours of chat, videos and guest appearances from some of the most promising names in pop. Presented by Kelly Brook.

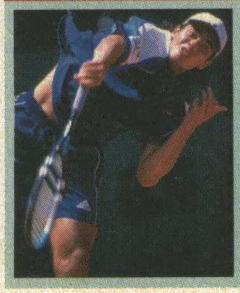
6.00 Bytesize MTV
A fast-cut window onto the world of music television, featuring highlights from the MTV network around the world.

7.00 MTV Hits
Another solid hour of hit music videos.

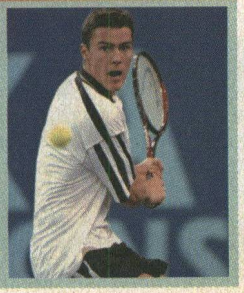
8.00 The Lick R&B Chart Show
Videos, news and interviews with the heavyweights of the R&B scene. With Trevor Nelson.

9.00 Daily Edition
Emma Ledden and Edith Bowman deliver stories from the world of showbiz.
9.30
Celebrity Death Match
10.00
The Tom Green Show
Another shot of man-on the-street comedy.
10.30 Loveline USA
Problems and advice.
11.00 The Late Lick
Brand-new videos, news and interviews with the heavyweights of the R&B scene, presented by Trevor Nelson.
12midnight Yo!
The latest hits from the world of rap and hip-hop, plus classics, from Grandmaster Flash through to Busta Rhymes.
1.00am-6.00am
Night Videos

LIVE TENNIS: ATP GSTAAD
EUROSPORT 10.00AM



The European clay court season takes only a short summer break for the green grass of Wimbledon and this week the world's finest are back on the red stuff in Gstaad, Switzerland, to fight for a prize fund of $600,000. The titleholder is Spain's Albert Costa, whose win last year was his 10th on the ATP Tour. Among the favourites to challenge him will be last year's runner-up, the Ecuadorean Nicolas Lapentti (pictured, left), and one of the shooting stars of this year, Russia's Marat Safin (pictured, right).



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Stripsearch: Montreal 11.15 Most Wanted 12midnight Freeview 12.12am The Sex Clinic with Dr Jenny Tulls 12.35 Adult Feature 1.05 FILM: Sleeping Single 2.30 Panties 3.00-4.00am FILM: Sex Trek 3 – The Wrath of Bob

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight Ten Minute Preview 12.10am FILM: Off Duty Porn Stars 1.00 Five Minute Freeview 1.05 FILM continues 1.20 FILM 2.30 FILM: Twist of the Heart 3.40-4.00am Penny

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Wednesday 12 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon
Behind the Music: Blondie
1.00pm
Greatest Hits: The Clash
1.30 Pop-Up Video
Top trivia from the irreverent pop-up-video collection.
2.00 Jukebox
Turn your TV set into a music video jukebox.

4.00 Video Timeline: Celine Dion
The French-Canadian diva profiled on video.
4.30 Greatest Hits: Bon Jovi
5.00 Ten of the Best: Geri Halliwell
The former Spice Girl chooses her top-ten favourite videos of all time.

6.00 Talk Music
The latest music news, live performances and reviews of the latest releases.
6.30 Greatest Hits: The Clash
7.00 Top Ten
The latest rundown of the ten biggest music videos of the moment.

8.00 The Millennium Classic Years: 1990
The music and news from the year that witnessed Gazza's World Cup heartbreak in Italy.
9.00 Behind the Music: Barry White
The lowdown on the love guru who is actually a shy guy who never sought the limelight.
10.00 Behind the Music: The Mamas and the Papas
A look at the trials and tribulations of one of folk rock's most talented groups.
11.00 Behind the Music: Iggy Pop
A profile of the star who has been shocking audiences since he emerged on the music scene in 1968.
12midnight
Pop-Up Video Quiz
12.30am
Greatest Hits: The Clash
A look at the band's hits.
1.00 Hey, Watch This!
2.00 Soul Vibration
2.30 VH1 Country
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Death Valley
1.00 Aspinall's Animals
Bongos – With Care
1.30 Aspinall's Animals
Lions and Leopards
2.00 Pet Rescue
2.30 Kratt's Creatures
The Cow Show
Animal documentary series.

3.00 K-9 to 5
Meet the dogs who hold down full-time jobs.
3.30 K-9 to 5
A profile of hounds with unique jobs.

4.00 Animal Planet Unleashed
Howie Watkins takes a trip to Mudchute Farm.
4.30 Croc Files
More reptilian adventures.
5.00 Pet Rescue
Follow the fortunes of abandoned animals.
5.30 Going Wild with Jeff Corwin
Monterey Bay

6.00 The Aquanauts
A look at how the El Niño phenomenon has affected the Galapagos islands.
6.30 Croc Files
A look at a 'turtle rodeo'.
7.00 Australia Wild
Survival on the Reef
7.30 Australia Wild
From Snow to the Sea
A look at Gippsland in south eastern Australia.

8.00 Wild Rescues
A look at the relationship between man and beast.
8.30 Animal Detectives
Parrots
9.00 Crocodile Hunter
Sharks Down Under
Steve Irwin focuses on different sharks, from the placid nurse shark to the feared tiger shark.
10.00 Deadly Australians
Arid and Wetlands
10.30 Deadly Australians
Urban
11.00 Emergency Vets
More veterinary heroics.
11.30-12midnight Emergency Vets
Real-life animal stories.

CABLE CHECK
Some of the channels listed may not be available in your area

Lotte Duncan whips it up in 'Quick Cooks'. Carlton Food Network 8.45am, 2.45pm

ITV2
ACCESS PACK

4.00pm Trisha
Another double bill of heart-warming and hair-raising true stories with Trisha Godard and a studio audience. Text

6.00 A-Z of Sport

7.00 Amazing Games

7.30 ISKA Karate

8.00 Sunset Beach
Meg starts her new job at the Java Net. Ricardo discovers a potential murder witness.
8.50 Chart Choice
9.00 Grafters
Back in Newcastle, family matters take over. The brothers' father wonders if this is the end for them. With Robson Green. Text
10.00 Coronation Street
A chance to see tonight's episode from ITV. Text
10.30 Emmerdale
Rural soap. Text
11.00 The Jerry Springer Show
Outrageous US talk show in which guests engage in lively discussion.
11.50 The Late Show with David Letterman
Top-rated chat show with host David Letterman.
12.40am Freaky Stories
Ghoulish animation.
12.50-1.50am A-Z of Sport

UK STYLE
LIFESTYLE PACK

7.00am Holiday on a Shoestring 7.30 Holiday Swaps 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Our House 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 Changing Rooms 11.30 Party of a Lifetime 12noon Good Living 12.30pm Style Challenge 1.00 Ainsley's Meals in Minutes 1.30 Ready, Steady, Cook 2.00 BBC Gardener of the Year 2.30 Garden Stories

3.00 Home Front in the Garden
Acton 'Fashion'
3.30 Home Front in the Garden
Nottingham Arthouse
4.00 Stefan's Garden Roadshow
Stefan Buczacki offers gardening help and advice.
4.30 Good Living
Lifestyle series.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms Down Under
Presented by Suzie Wilks.
6.00 Antiques Roadshow US
This edition visits the Washington State Convention and Trade Centre in Seattle.
7.00 Real Rooms
Stourbridge Lounge
Makeover show.
7.30 Change That
Mark Curry hosts this interior design roadshow.
8.00 Style Challenge
Leading fashion experts give people the makeover of their dreams.
8.30 A Room with a Clue
9.00 Changing Rooms
Interior design challenge presented by Carol Smillie.
9.30 The House Doctor
House-selling hints.
10.00 All the Right Moves
Consumer property series.
10.30 House Invaders
The show in which homes are given a cheap facelift.
11.00 Learn to Garden with Stefan Buczacki
Basic gardening lessons.
11.30 Charlie's Garden Army
12midnight Gardeners' World
Gay Search discovers a collection of penstemons in a pretty Dorset garden.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki offers advice on gardening dilemmas.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Prom Daze – USA 7.50 Night of the Leopard 8.20 Rolf's Amazing World of Animals 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.15 Great Railway Journeys 11.15 Great White Shark 12.15pm Rolf's Amazing World of Animals 12.45 City Hospital 1.45 Mysteries with Carol Vorderman 2.15 Mysteries with Carol Vorderman 2.45 Prom Daze – USA
Three New York teenagers prepare for the biggest night of their lives – the high-school prom.
3.45 Vets to the Rescue
The team meets the giraffes at Chester Zoo.
4.20 Vets in Practice
Holding On
The practice horse is about to give birth. Text
4.50 Animal Hospital
Rolf Harris catches up with the veterinary action.
5.25 Back to the Floor
Seeing Red Text
5.55 City Hospital
Gaby Roslin and her team of co-presenters report on life at Southampton General Hospital.
6.55 Learners
Fly-on-the-wall series about learning to drive, Australian-style.
7.25 Disaster
A Major Malfunction
Series which reconstructs engineering disasters.
8.00 Vets in Practice
Holding On
With Trude Mostue. Text
8.30 Back to the Floor
Seeing Red Text
9.00 Paddington Green
A look at the lives of four people in West London.
9.35 Soldiers to Be
Backsquadding
Military documentary series.
10.05 Soldiers to Be
Drill
10.40 Billy Connolly's World Tour of Australia
Billy sets off in search of crocodiles.
11.30 Living with the Enemy
Old Labour/New Labour
12midnight-1.00am We Are Not Alone

UK PLAY:
1.00am Shooting Stars 1.30 Anyone for Pennis? 2.05 Vic Reeves 2.35 Reeves and Mortimer 3.10 Soundtrack to My Life 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Funny Noise 4.45 Hey DJ 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow – Cooked in a Flash 9.30 Ideal Home Cooks 10.00 Cocktail Challenge 10.30 Simply Baking 11.00 A Slice of the Action 11.30 Chef for a Day 12noon Scotland's Larder 12.30pm The Spice Trail 1.00 Coxon's Kitchen College 1.30 Spice World 2.00 Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow – Cooked in a Flash
With Jenny Bristow.
3.30 Tessa's Tastebuds
Pears
4.00 Simply Baking
Nutter's Favourites
4.30 Ideal Home Cooks
Matthew Hardy prepares a roast pepper tart.
5.00 Superchefs
5.30 Scotland's Larder
6.00 Coxon's Kitchen College
6.30-7.00pm Newman Meets

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Shadows in the Forest
A visit to a sanctuary for one of the world's most threatened species – the mountain gorilla.
8.00 Into the Teeth of the Blizzard
This programme follows a 1999 bid to forge a new route to the South Pole and return without outside help.
9.00 Cameramen Who Dared
This film focuses on the cameramen who scale cliffs, swim with sharks and fend off angry wildlife.
10.00 Thunder on the Mountain
Meet avalanche survivors.
10.30 Volcano Island
A trip to the Caribbean island of Montserrat.
11.00 Grizzly River
Meet Bean, Nell and Adonis, three of the numerous brown bears that live in the McNeil River Sanctuary in Alaska.
12midnight-1.00am A Man, a Plan, a Canal: Panama
A look at the Panama Canal, completed in 1914 and so technically advanced for its time that it could scarcely be improved upon today.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
7.30 Winner Takes All
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
Hosted by Keith Chegwin.
10.30 Family Fortunes
11.00 Stars in Their Eyes Final
12midnight Beadle's About
Jeremy Beadle plays more pranks on unsuspecting members of the public.
12.30am Gladiators
Physical challenge show.
1.30 The Cooler
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Dig it with Den 7.00 The Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 These Four Walls 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Dig it with Den 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country 11.10 Space Invaders 11.40 Home Savvy 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 The New Yankee Workshop 1.45 Home Again with Bob Vila 2.15 How to with B & Q 2.20 The House Doctor 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00am How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Ibiza 2000 10.30 That Film Show 11.00 Fearless 11.30 Boardstupid 12noon Mountain Bikes 12.30pm World Wind Surf 1.00 That Film Show 1.30 Byte Me 2.00 High Adrenalin 2.30 e-trippers 3.00 Byte Me 3.30 Surf Film 4.30 Chilli Factor 5.00 Scratch TV 5.30-6.00pm Fearless

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

Wednesday 12 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

3.00
Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30
Dexter's Laboratory
4.00
The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Johnny Bravo
The bequiffed egomaniac returns for another round of posturing.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky tales.
7.30 Looney Tunes
8.00
Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

NICKELODEON
FAMILY PACK

7.00am Rugrats 7.30 Kenan and Kel 8.00 Sabrina the Teenage Witch 8.30 Hey Arnold! 9.00 Arthur 9.30 Fraggle Rock 10.00 The Magic School Bus 10.30 Bananas in Pyjamas 11.00 Babar 11.30 Arthur 12noon Thomas the Tank Engine 12.30pm Blue's Clues 1.00 Rugrats 1.30 Noah's Island 2.00 Babar 2.30 Mona the Vampire

3.00
The Wild Thornberrys
3.30 Rugrats
Fun with the tousle-headed nippers with the over-fertile imaginations.
4.00 Hey Arnold!
More adventures with the kid with the cool quiff.
4.30 Two of a Kind
Another dose of double fun with the twins.
5.00 Sabrina the Teenage Witch
5.30 Kenan and Kel
The adventures of two funky friends.
6.00 Sister Sister
6.30-7.00pm Are You Afraid of the Dark?

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

3.00 Diabolik
3.25
Woody Woodpecker
3.35 Sailor Moon
The adventures of a group of schoolgirl crime-fighters.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50
Mad Jack the Pirate
5.00
Monster Rancher
5.20
Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 Morning 7.30 Business 8.00 Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Business Unusual 1.15 Asian Edition 1.30 World Report 2.30 Showbiz 3.30 Sport 4.30 Style 5.00 Larry King 7.30 Business Today 8.30 Q&A 9.30 Insight 10.00 Business Today 10.30 Sport 11.00 WorldView 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia Business 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm PMQs 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 PMQs 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 PMQs 2.30 Sky Business Report 3.30 Showbiz Weekly 4.30 Fashion TV 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal Télévisé 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal Télévisé 7.30 Magellan 8.00 Infos 8.05 Zig Zag Café 9.00 Journal Télévisé 9.15 Deux Flics 11.00 Infos 11.05 100% Questions 11.30 Journal Télévisé 12noon Infos 12.05pm Le Sport en Jeu 1.00 Journal Télévisé 1.15 Deux Flics 3.00 Journal Télévisé 3.15 Questions 3.30 Grands Gourmands 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 C'est Mon Choix 7.00 Journal 7.30 Journal et le Journal du Temps 8.00 Infos 8.05 Pulsations 9.00 Journal 9.15 V'la l'Cinéma ou le Roman de Charles Pathé 11.00 Le Journal du Tour 11.30 Infos 11.35-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 8.00 DD Programmes 9.00 FILM 11.30 News 12noon Non Stop Hungama 12.30pm Suzhal 1.00 Sansar 1.30 FILM 4.00 Inspector Vijay 4.30 Kakaji Kahen 5.00 Short Stories 6.30 Asianet Aur Aap 7.15 Sansar 7.40 News 8.00 Aarzoo 8.30 FILM 11.30 News 12midnight MTV Fresh 12.30am Asianet Aur Aap 1.00 FILM 4.00 Aainey 5.00 Sansar 5.30 Nashaib 6.00 Inspector Vijay 6.30 DD Programme 7.00-7.30am Satsang Sudha

ZEE TV
ADD-ON CHANNEL

6.00am Out and About 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Christianity 7.30 News 8.00 Ru Ba Ru 8.30 Tara 9.00 Rishtey the Love Stories 10.00 Rasm E Ashnai 11.00 Khoobsurat 11.30 Aangan 12noon FILM 3.00pm Yeh Hain Mere Apne 3.30 Hip Hip Hurray 4.00 Raahat 4.30 Alvida Darling 5.00 Muskan 5.30 Aangan 6.00 Sa Re Ga Ma 7.00 Lakeerein 7.30 Saath Saath 8.00 News 8.20 Tips Tops 8.30 Amanat 9.00 Tum Hi To Ho 10.00 Thriller at 10 10.30 Nagin 11.00 Agni Chakra 11.30 Making of a Legend 12midnight News 12.30am FILM 3.30am Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Filmi Deewane 5.30-6.00am Hit Thi Hit Hai

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Gospel Truth – Andrew Wommack 6.00 Life is for Living 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 CMTV 8.20 Thought for the Day 8.30 Life in the Word 9.00 Winning in Life 9.30 Winning Ways 10.00 Deciding Your Destiny 10.30-11.00am 700 Club Replay

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.45 Focus on Eastern Europe 5.00 US Market Report 5.05-6.00am Tokyo Live

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30 Westminster Hall 2.00pm European Focus 2.30 Commons 3.00 PMQs 3.30 Commons 11.00 The Record 11.30-12midnight European Focus

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM

4.00pm Rex Hunt Fishing Adventures
Ian Hewitson cooks trout.
4.30 Discovery Today
Topical reports on science and technology.

5.00 PM

5.00 Egypt
Resurrection Machine
An look at how a tradition of elaborate tomb-building resulted in the construction of the pyramids.

6.00 PM

6.00 Hunters
Rulers of the Deep
An examination of the predatory instincts of sharks, the sea creatures most feared by man.

7.00 PM

7.00 Diving School
The students at Fort Bovisand Underwater Centre face rescue training in a flooded quarry.
7.30 Discovery Today

8.00 PM

8.00 Miami SWAT
Follow recruits to America's elite police unit on the training ground and onto the streets as they deal with extreme criminal behaviour.

9.00 PM

9.00 Super Bridge
The story of the building of one of the most unusual bridges in the US, the Clark Bridge across the Mississippi at Alton, Illinois.

10.00 PM

10.00 Apartheid's Last Stand
A look at South Africa's uncertain future in the aftermath of Nelson Mandela's presidency.

11.00 PM

11.00 The Great Commanders
Julius Caesar
How Julius Caesar led the Roman army through a decade of conquest.

12.00

12midnight Time Team
Worsall
The team tries to solve the mystery of why the population of a medieval village disappeared into thin air.
1.00am Secret Mountain
With Chris Bonington.
1.30-2.00am Discovery Today

NIGHT TIME

TCM
FAMILY PACK

9.00pm
FILM: Mogambo
Clark Gable, Ava Gardner, Grace Kelly, Donald Sinden
Romantic adventure in which a hunter leads a safari for an anthropologist, his beautiful young wife and a showgirl. However, tensions arise when both women fall for the leader of the group. *1953*
11.15-1.00am
FILM: Point Blank
Lee Marvin, Keenan Wynn
Violent revenge thriller.
Widescreen *1967*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Ellen
Horshack's Law
Ellen is invited to a party for John Travolta.
8.30 Just Shoot Me
La Cage
9.00 Married... With Children
Pilot
The pilot episode.
9.30 Cybill
Like Family
10.00 Frasier
Frasier's Imaginary Friend
No-one believes the tales of Frasier's holiday fling.
10.30 Harry Hill
Surreal comedy show.
11.00 Vic Reeves Big Night Out
Hosted by Vic Reeves.
11.30 Cheers
Feeble Attraction
Norm fires his secretary.
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio
1.35 Duckman
2.00 DiResta
2.30 Nurses
3.00
It's Garry Shandling's Show
3.30-4.00am
Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
Round-up of the best-sellers.
7.00 Beauty Shop!
7.30 Clothes Shop!
8.30 Jewellery Shop!
Nine-carat gold jewellery.
9.30 Kids Shop!
10.00 Sports Shop!
11.00 Kitchen Shop!
12noon Shop! Outlet
12.30pm Shop! Selection
1.30 Shop! Special
2.30 Entertainment Shop!
Home entertainment.
3.30 Jewellery Shop!
4.30 Home Shop!
5.30 Shop! Preview
6.00 Shop! Selection
7.00-7.30pm Kitchen Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows.
Saturdays: The best of the week and children's programming.
Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

THE HISTORY CHANNEL
WORLD PACK

12noon
The Gold of El Dorado
12.55pm
Photos for the Future II
1.00 Titanic
An Almighty Jolt
2.00 Biography
Jack Lemmon
A profile of the Hollywood star.
3.00 Spies
Dynasty of Spies
3.30 Victory at Sea
Target Suribachi
4.00 Command and Control
5.00 Tales of the Gun
Duel Weapon
6.00
Naked Warriors of Europe
6.55 Photos for the Future II
7.00 Titanic
The Cry for Help
8.00 Biography
Julius Caesar
9.00 Great Crimes and Trials
The Boston Strangler
9.30-10.00pm
Great Crimes and Trials
Ted Bundy – The Serial Killer

TV TRAVEL SHOP
BONUS CHANNEL

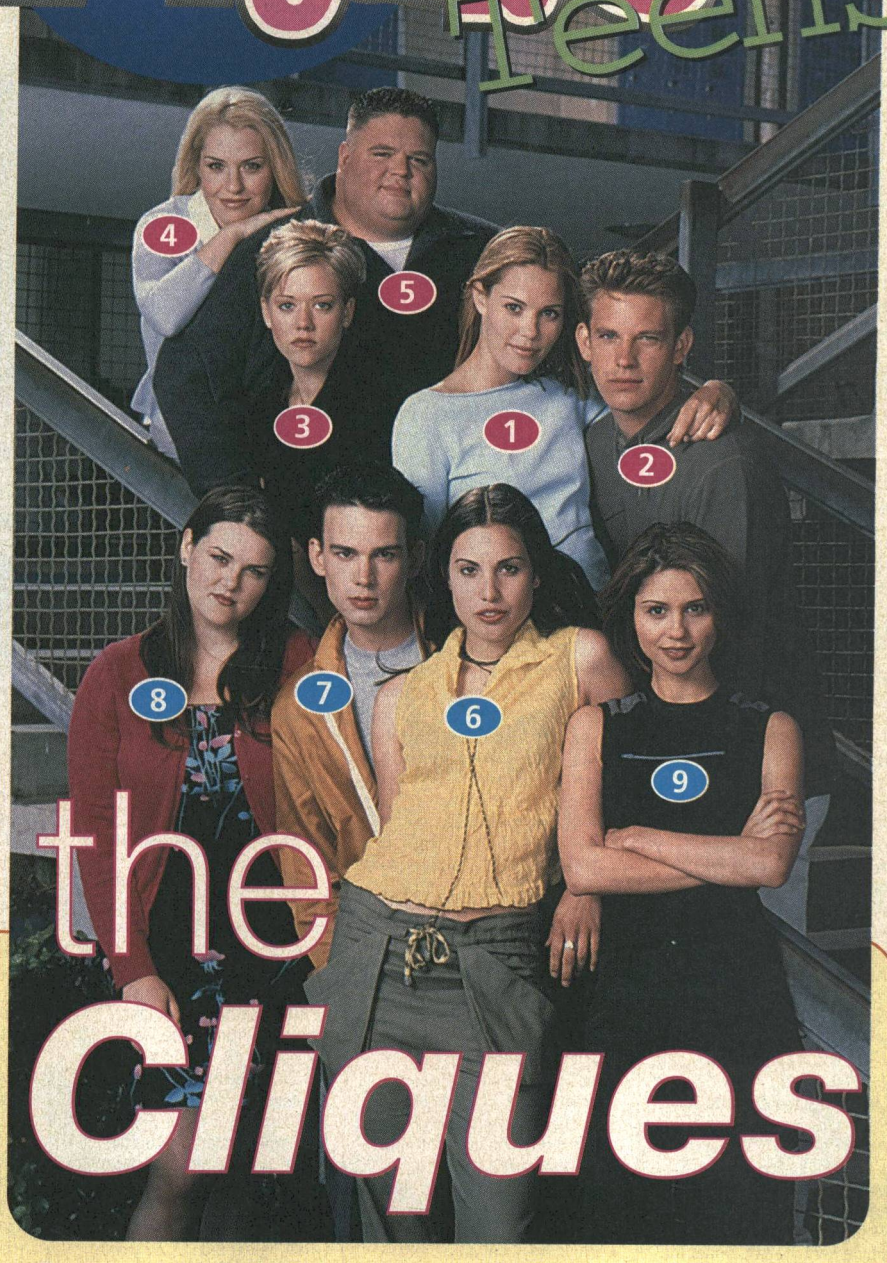
A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Wish Pearl Collection at 11.00pm.

Powercable teens

Being part of the right crowd has never been such a drama. As the sassy US teen series *Popular* arrives on **Sky One**, here's our guide to the guys and girls you'll want to be getting acquainted with ...



meet the Cliques

The 'in' crowd

1 BROOKE MCQUEEN (*Leslie Bibb*)
The beautiful cheerleader and 'teen queen'. Driven by appearances, and compelled to meet everyone's expectations. She dates Josh and does not get along with Sam.

2 JOSH FORD (*Bryce Johnson*)
Brooke's boyfriend. The star athlete who desperately wants to be in the school musical, much to his nearest and dearest's disdain.

3 NICOLE JULIAN (*Tammy Lynn Michaels*)
Brooke's fellow cheerleader. A social snob and trend-setter, she is domineering and takes the popularity stakes very seriously. 'Everyone wants to be us,' she states with conviction.

4 MARY CHERRY (*Leslie Grossman*)
Never just Mary. Like a young Joan Collins, she's the one who seeks fame, notoriety and attention. Sports a constant smile and plenty of money.

5 MIKE 'SUGAR DADDY' BERNADINO (*Ron Lester*)
The rapper and would-be Puff Daddy, he loves to have a good time, but definitely has a sensitive side.

The 'out' crowd

6 SAM MCPHERSON (*Carly Pope*)
Headstrong, she insists on being an individual. Edits the school paper and has a crush on her journalism teacher (played by Rob Lowe's brother, Chad). Loathes Brooke and her attitude.

7 HARRISON JOHN (*Christopher Gorham*)
Smart and sensitive, he's best friends with the three girls. He's harboured a major crush on Brooke for years and has a chip on his shoulder about the popular kids.

8 CARMEN FERRARA (*Sara Rue*)
Self-aware and not afraid to speak her mind. She knows what she wants and goes for it. Determined to join the cheerleading squad, despite the formidable opposition.

9 LILY ESPOSITO (*Tamara Mello*)
Sam's vegan best friend and an activist-in-training, she's environmentally aware with solid ideals and is always willing to fight for a cause.

Popular, Thursdays 8.00pm, Sky One

PHOTOS: TOUCHSTONE PICTURES AND TELEVISION

Thursday 13 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Love After Death
1998, rating Sky U, 87 mins
7.50 Who Gets the Friends?
1988, rating Sky PG, 90 mins
9.25 Just Like Dad
1995, rating Sky PG, 97 mins
11.10 3 Ninjas
Text 1998, rating Sky PG, 87 mins
12.40pm
A Marriage of Convenience
1998, rating Sky PG, 87 mins
2.15 Who Gets the Friends?
Jill Clayburgh, James Farentino, Lucie Arnaz, Robert Dawson
Romantic comedy. A couple's years of marital bliss come to an abrupt end when the husband claims to have fallen out of love. *1988, rating Sky PG, 90 mins*
4.00 Steel Magnolias
Sally Field, Shirley MacLaine, Julia Roberts, Dolly Parton
Comedy drama focusing on a group of Southern belles. The women find that their family loyalties and close friendships help them through the most trying times of their lives, with love, marriage, birth and death all featuring prominently. Text *1989, rating Sky PG, 113 mins*
6.00 3 Ninjas: High Noon on Mega Mountain
Hulk Hogan, Loni Anderson, Jim Varney, Mathew Botuchis
Children's adventure. Three junior martial artists and a TV hero try to wrest a theme park from the clutches of a villainess. Text *1998, rating Sky PG, 87 mins*
7.30 Barry Norman Interview with Anthony Minghella and Neil Jordan
8.00 Lethal Weapon IV
Mel Gibson, Danny Glover, Rene Russo, Jo Pesci, Jet Li
Action comedy thriller sequel. A pair of mismatched cops are assigned to a case involving the importation of slaves by the Chinese Triads. They soon find themselves added to the villains' hit list and fighting for their lives against a bunch of vicious mercenaries. Text *1997, rating Sky 15, 121 mins*
10.05 The Devil's Advocate
Al Pacino, Keanu Reeves, Charlize Theron, Jeffrey Jones
Supernatural thriller. An ambitious young lawyer is recruited by a powerful legal firm. Neglecting his wife in his thirst for career advancement, he falls under the influence of his charismatic but sinister boss. Text Widescreen *1997, rating Sky 18, 138 mins*
12.25am One Night Stand
Wesley Snipes, Nastassja Kinski
Text *1997, rating Sky 18, 99 mins*
2.10 Amy Foster
Vincent Pérez, Rachel Weisz
Period drama. Text *1998, rating Sky 15, DS, 109 mins*
4.05-6.00am Hurricane Streets
Brendan Sexton III, Antione McLean
Text *1997, rating Sky 15, 89 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

6.20am Enchanted
1999, rating Sky PG, 92 mins
7.55 Michael Jordan
1999, rating Sky PG, DS, 89 mins
9.30 Sam Churchill: Search for a Homeless Man
1998, rating Sky PG, 92 mins
11.15 An Unexpected Life
1998, rating Sky PG, 88 mins
12.45pm A Time to Heal
1994, rating Sky PG, 90 mins
2.30 Michael Jordan: The Road to Victory
Unauthorised biopic looking at the life of the legendary US basketball player whose prowess and determination to succeed were to earn him fame as one of America's greatest sporting stars. *1999, rating Sky PG, DS, 89 mins*
4.15 An Unexpected Life
Stockard Channing, Stephen Collins, Christine Ebersole
Emotional drama. A woman finds her life thrown into turmoil when, in the midst of family problems, she is granted custody of her sister's children. To make matters worse, she finds that she is expecting a child of her own. *1998, rating Sky PG, 88 mins*
6.00 Vanished Without a Trace
Shelley Long, William R Moses, Jennifer Jostyn, Joshua Peace
Crime drama centring on a frantic mother desperate to find her kidnapped teenage daughter. When the search finally ends in tragedy, the mother begins a new crusade – to find and bring to justice her daughter's killer. *1998, rating Sky PG, 85 mins*
8.00 Traitor Within
Timothy Hutton, Joan Plowright, Elizabeth Peña, C David Johnson
PREMIERE Political drama based on true events. A CIA agent's problems with alcohol keep him from rising through the ranks of the organisation. In a bid to maintain his wife's extravagant lifestyle, he sells secrets to the Soviets. *1998, Sky PG, 98 mins*
9.40 The Game
10.00 Fire Down Below
Steven Seagal, Harry Dean Stanton, Kris Kristofferson
Action thriller. An environmental protection agent comes to the rescue of a village living in fear of a ruthless tycoon who is permitting the dumping of toxic waste in the local area. Text *1997, rating Sky 18, 100 mins*
11.45 Cube
Nicole de Boer, Nicky Guadagni
Science fiction drama. Text *1997, rating Sky 15, 86 mins*
1.20am The Hunted
Harry Hamlin, Mädchen Amick
Text *1998, rating Sky 15, 92 mins*
3.00 Killing Time
Text *1997, rating Sky 18, 86 mins*
4.30-6.05am A Time to Heal
1994, rating Sky PG, 90 mins

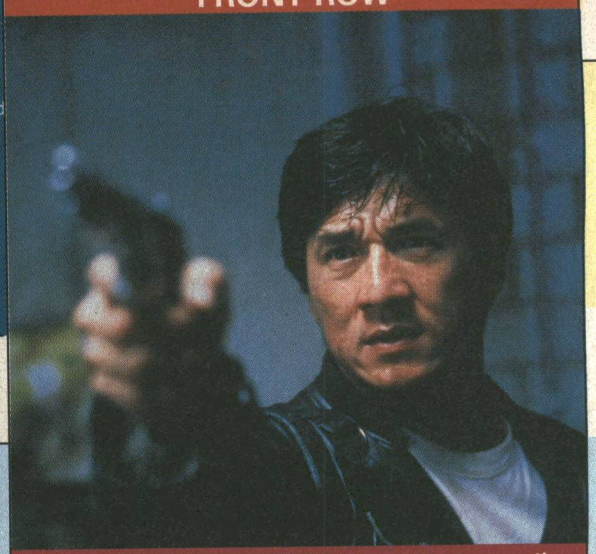
MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm Niagara
Marilyn Monroe, Joseph Cotten, Jean Peters, Richard Allan
Suspense thriller. A woman on vacation with her husband at Niagara Falls observes the troubled relationship of another married couple. It soon becomes clear that the wife is having an affair, and her spouse's tolerance is almost at breaking point. *1953, rating Sky PG, 85 mins*
6.00 Geordie
Bill Travers, Alastair Sim, Raymond Huntley, Norah Gorsen
Comedy about a Scottish lad who seeks to improve his physical strength with a mail-order bodybuilding course. The result is so successful that he is chosen to represent Britain at hammer throwing in the Melbourne Olympics. *1955, rating Sky U, 95 mins*
8.00 Cahill – United States Marshal
John Wayne, George Kennedy, Neville Brand, Gary Grimes
Western drama. The eponymous lawman discovers that a recent bank robbery appears to be the work of his own wayward sons, who have begun to feel starved of attention during his long absences from home. Text *1973, rating Sky 15, 98 mins*
10.00 Sweetie
Genevieve Lemon, Karen Colston, Jon Darling, Tom Lycos
Comedy drama detailing the chaos that ensues when a woman whose marriage is falling apart receives an unwelcome visit from her mentally troubled sister. *1989, rating Sky 15, 95 mins*
11.40 Backstreet Dreams
Brooke Shields, Jason O'Malley
Drama set in Brooklyn. *1991, rating Sky 18, 96 mins*
1.20am The Virgin Soldiers
Hywel Bennett, Lynn Redgrave
1969, rating Sky 15, 91 mins
2.55 Sweetie
1989, rating Sky 15, 95 mins
4.35-6.00am Confessions of Boston Blackie
Chester Morris, Richard Lane
1941, rating Sky PG, 62 mins

FRONT ROW



'Jackie Chan's Who Am I?' sees the eponymous action hero suffering an identity crisis. Front Row, see below

FILMFOUR
ADD-ON CHANNEL

6.00pm Lifeboat
Tallulah Bankhead, Walter Slezak, William Bendix, Mary Anderson
Hitchcock thriller. Relationships are strained when the survivors of a torpedoed liner share the cramped confines of a World War II lifeboat with the captain of the German submarine responsible for their plight. Text *1944, 93 mins*
7.40 The Kitchen Child
8.00 The Gamekeeper
Phil Askam, Rita May, Andrew Grubb, Peter Steels
Low-key dramatised documentary depicting a year in the life of a country gamekeeper. Quietly, he undertakes the traditional tasks of rearing pheasants and dealing with poachers and foxes in preparation for the September shoots, a time when he is at his busiest. *1980, 80 mins*
10.00 My Name is Joe
Peter Mullan, Louise Goodall, David McKay, David Hayman
Gritty romantic drama set in Glasgow. A recovering alcoholic turned amateur soccer player falls for a community health worker. However, their relationship is soon jeopardised by the surrounding context of unemployment and urban deprivation. *1997, 101 mins*
11.45 Fridge
12.15am Citizen Kane
Orson Welles, Joseph Cotten
Classic drama. Text *1941, 114 mins*
2.10 Escape from the Planet of the Apes
Roddy McDowall, Kim Hunter
Text Widescreen *1971, 93 mins*
3.45-6.00am Mute Witness
Marina Sudina, Fay Ripley
Thriller. *1995, 93 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm
The Fighting Kentuckian
John Wayne, Vera Ralston, Oliver Hardy, Philip Dorn
Period action adventure centring on a tough Kentucky militiaman and his portly sidekick. The duo refuse to stand aside and allow a land-grabbing villain and his henchmen to seize land awarded to a group of French settlers by the government. *1949, 100 mins*
9.00 Viewers' Choice
Carlton Cinema viewers are given the opportunity to select the film of their choice from three alternatives: musical comedy drama *A Chorus of Disapproval*, starring Anthony Hopkins; World War II romantic adventure *Hanover Street*, starring Harrison Ford; and Western adventure sequel *Young Guns II*, starring Emilio Estevez.
11.15 The Last Remake of Beau Geste
Marty Feldman, Ann-Margret, Michael York, Peter Ustinov
Comedy based on the classic Foreign Legion adventure story. *1977, 85 mins*
1.00am Zardoz
Sean Connery, Charlotte Rampling
Sci-fi drama. *1973, 105 mins*
3.00 The Low Life
Rory Cochrane, Kyra Sedgwick
Drama. *1996, 93 mins*
5.00-7.00am Men of Two Worlds
Robert Adams, Eric Portman
Drama. *1946, 90 mins*

FRONT ROW

SCREENING WHEN YOU'RE GOOD AND READY

WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

I'LL BE HOME FOR CHRISTMAS
Rating PG, 83 mins
Comedy. A teenager has to race from California to New York to earn the Porsche his father promised him if he gets home for Christmas. Stars Jonathan Taylor Thomas and Jessica Biel.
T/C: Christmas comedy, families. BL: Occasional, mild. S/N: Infrequent, mild references. V: None.
6.20am, 8.00am, 9.40am, 11.20am, 1.00pm, 2.40pm, 4.20pm

Channel 51 Evening

IN DREAMS
Rating 18, 96 mins
Thriller. An artist seems to have a mental link with a madman and is haunted by dreams of impending victims. Eventually she takes a frightening course of action. Stars Annette Bening and Aidan Quinn
T/C: Psychic thriller.
BL: Frequent, strong.
S/N: Infrequent, mild.
V: Frequent, strong horror.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

JACKIE CHAN'S WHO AM I?
Rating 12, 104 mins
Action comedy. A secret agent is left behind in Africa suffering from amnesia when a mission goes wrong and he seeks the help of a local tribe in an attempt to regain his identity. Stars Jackie Chan and Ron Smerczak.
T/C: Action comedy, conspiracy.
BL: Infrequent, mild. S/N: None.
V: Occasional, moderate.
6.30pm, 8.30pm, 10.30pm, 12.30am, 2.30am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple try to recover from the effects of a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

Thursday 13 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Earthworm Jim
6.30 Grimmy
7.00 Starship Troopers
7.30 Pokémon
8.00 Pokémon
8.30 Pokémon
9.00 The Oprah Winfrey Show
10.00 Jenny Jones
11.00 Sally Jessy Raphael
12noon Jenny Jones
1.00pm Sally Jessy Raphael
2.00 Jenny Jones

3.00 Earthworm Jim
Assault and Battery
Earthworm Jim's battery runs out.
3.30 Pokémon
Misty Meets Her Match
A boy falls in love with Misty.
4.00 Pokémon
Bound for Trouble
Ash and friends reach a place known for super-sized Pokémon.
4.30 Pokémon
Charizard Chills
5.00 Star Trek: Voyager
Message in a Bottle
Torres voices her feelings about Seven of Nine whom she feels does not work well with the rest of the crew. Text
6.00 Veronica's Closet
Veronica's All Nighter
Leo learns a secret. Text
6.30 Friends
The One with the Inappropriate Sister Text
7.00 The Simpsons
Lisa's Date with Destiny
Lisa develops a crush. Text
7.30 The Simpsons
Saddlesore Gallactica
Homer helps a racehorse. Text
8.00 Popular
Mo'Menace, Mo'Problems
The school is in uproar as the cliques clash, but a shocking turn of events brings unexpected results for Sam and Brooke.
9.00 Friends
The One with All the Poker
A poker game gets heated. Text
9.30 ER
Motherhood/Everything Old is New Again
A double bill of the medical drama series, featuring a special episode directed by Quentin Tarantino in which Lewis delivers her sister's baby. The second episode sees Dr Greene sued for malpractice while Carter prepares for his last day in the ER. Text
11.30 Uncut! The Villa
An uncompromising look behind the scenes at matchmaking in a Spanish villa.
12.30am Star Trek: Voyager
Message in a Bottle
Torres voices her feelings about Seven of Nine's effect on the rest of the crew. Text
1.30 New York Undercover
Without Mercy
JC and Eddie investigate the death of a man with AIDS.
2.30-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Keeping Up Appearances Text 6.30 Birds of a Feather Text 7.05 Crossroads 7.30 Dynasty 8.25 EastEnders Text 9.00 The Bill Text 9.30 The Bill Text 10.00 The House of Eliott 11.00 Knots Landing 11.55 Neighbours 12.25pm EastEnders Text 1.00 Dangerfield 2.00 Knots Landing

3.00 The Bill
You and Me Versus the World
Boulton has a vendetta. Text
3.30 The Bill
Payback
Amnesia aids an attacker. Text
4.00 EastEnders
Phil's happiness is jeopardised by Nadia. Text
4.35 Neighbours
Julie and Philip's love life hits an all-time low. Text
5.00 'Allo 'Allo!
Rene gets a series of surprises on his birthday – not all of them pleasant. Text
5.40 Bread
Liverpudlian sitcom about a family of loveable rogues. Text
6.20 The Brittas Empire
The Chop
The staff show little interest in Gordon's convoluted new board game. With Chris Barrie.
7.00 Just Good Friends
Penny is slightly apprehensive about her decision to set up home with Vince again.
7.40
Keeping Up Appearances
Hyacinth advertises her hostess prowess in the local paper.
8.20 Kiss Me Kate
Kate and Douglas interview for a replacement secretary after Mel gets a better job offer. Text
9.00
Only Fools and Horses
Heroes and Villains – Part I
Del's application for a home improvement grant is turned down but at least he should be able to get into the publicans' party at the Nag's Head.
10.20 Men Behaving Badly
Performance
Gary and Dorothy decide that they want to have a baby and sex no longer seems like the most wonderful act in the world.
11.20 Casualty
Love over Gold – Part I
A bank heist goes badly wrong and Josh and George are taken hostage. Text
12.25am The Bill Text
12.55 The Bill Text
1.25 Only Fools and Horses
2.40 EastEnders Text
3.15 Casualty
4.15 Whatever Happened to the Likely Lads?
4.50 Just Good Friends
5.25-6.00am The Brittas Empire

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 Real Romance 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich
Compelling and personal talk show dealing with emotional conflicts.

3.20 Relationship SOS
Advice to people who need to revamp their relationships.
3.50 Forgive or Forget
Mother Love tries to resolve a variety of problems by giving guests the opportunity to forgive each other.
4.40 Oh Baby
Single mother sitcom.
5.05 Streetmate
Davina McCall scours the country for single people with a view to finding them partners.
5.35 Ready, Steady, Cook
Cookery show.
6.10
The Jerry Springer Show
Outrageous talk show in which Jerry Springer and his guests engage in lively discussion about relationship issues.
7.00 Judge Judy
Outspoken court judge Judy Sheindlin presides over more real-life cases and conflicts.
7.30 Will and Grace
Flatshare sitcom.
8.00 Charmed
Drama series about three sisters who inherit a house in San Francisco from their grandmother – only to find they now possess her powers of witchcraft as well.
9.00 FILM: Broken Angel
William Shatner, Susan Blakely, Roxann Biggs, Jason Horst
Thriller. A high-school prom turns into a tragedy when a young girl is brutally murdered. When the father of another girl discovers that his daughter is missing, he is plunged into a sordid world as he tries to investigate her disappearance. *1988*
10.50 Secret Suburbia
A look at some seemingly ordinary suburban residents and their extraordinary lives.
11.20-12midnight
Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 The Lovers 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

3.00 Boon
Have a Nice Day
Boon and Margaret try to track down a missing husband who has absconded with the firm's money. With Michael Elphick.
4.00 Kojak
Once More from Birdland
A young singer's father is framed for a murder and, as she tries to clear his name, she becomes the target of the true killer.
5.00 Hart to Hart
A New Kind of High
On the trail of a scientist's killer, the Harts are trapped in a test chamber and subjected to terrifying weather changes.
6.00 Emmerdale
It's the wedding of the year. Text
6.30
Classic Coronation Street
Bet still hasn't returned from her night out. Text
7.00 Sorry!
It's a Wonderful Life, Basically
Timothy is feeling down.
7.30 Robin's Nest
The Bistro Kids
8.00 Boon
Beef Encounter
An unscrupulous fast food king gets his comeuppance for exploiting his young employees. With Michael Elphick.
9.00 Kojak
Cry for the Kids
The prime suspect in a murder case turns out to be a teenager.
10.00 Hale and Pace
10.30-11.00pm
The Comedians

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Motor Week
Motoring industry magazine.
11.30 Motorsport Mundial
Coverage of motorsport championships.

12midnight Carfile
VW Passat
Chart the success of the extraordinary Volkswagen Passat.
12.30am Kits 'n' Cruising
Featuring the first drive of the new Tiger sports car.
1.00 Motormania!
1.30-2.00am The Big Bang
Spectacular stunts and crashes.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Toons 10.35 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
The undersea adventures of the beautiful mermaid Ariel. Text
3.30 Sabrina
More spell-binding fun. Text
3.55 Art Attack
Award-winning art show hosted by Neil Buchanan. Text
4.30 Recess
Animated series about the adventures and misadventures of life in the fourth grade. Text
5.00 Miami 7
Fun in the sun with pop band S Club 7. Text
5.30 Smart Guy
Lab Rats
TJ studies his family. Text
6.00 Boy Meets World
Cutting the Cord
Shawn and Angela try to affirm their new single status. Text
6.30 Microsoap
Fun-filled kids' sitcom. Text
7.00 FILM: Incredible Journey
Emile Genest, Tommy Tweed, Beth Amos, Robert Christie
Adventure. Three animals make a perilous journey in search of their human friends. Text *1963*
8.20 Honey, I Shrunk the Kids: The TV Show
Honey, There's a Pox on Our House
Wayne is in trouble. Text
9.00 Flipper
Live action marine adventure in Florida with TV's most famous and best-loved dolphin. Text
9.45 Dinosaurs
Prehistoric fun. Text
10.10 Home Improvement
Comedy double bill. Text
11.00 Dr Quinn: Medicine Woman Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

THURSDAY CONTINUES OVERLEAF...

6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

CABLE CHOICE

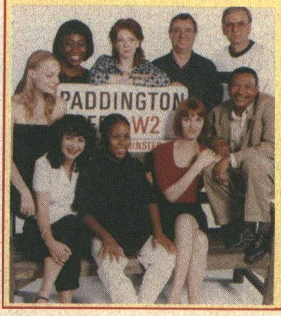
FILM

Cube
Sky MovieMax 11.45pm
This low-budget Canadian thriller from director Vincenzo Natali works up an atmosphere of nightmarish irrationality. A group of incompatible characters find themselves trapped in a seemingly inescapable maze of cubic chambers, many of which are booby-trapped.

GENERAL

MTV Ibiza 2000 Megamix
MTV 12midnight
A taste of what's to come at this year's Ibizan MTV open-air music festival, which will bring together the cream of Europe's dance DJs and live acts. The line-up so far announced includes Underworld, Superfunk, David Morales, Armand Van Helden and Paul Van Dyke.

ADVERTISEMENT UK HORIZONS



PADDINGTON GREEN
9.00PM
Narrated by Ross Kemp this fascinating series looks at the loves, lives and loathing's of the people of Paddington Green in London's West End. Among the characters who've become household names is Jackie McAuliffe, a transsexual prostitute.

Thursday 13 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

MORNING

7.30am Olympic Games
Olympic magazine.
8.00 Cycling
Tour de France action.
10.00 Tennis – LIVE
Coverage of the ATP Tournament in Gstaad.
11.30 Cycling – LIVE
Coverage of the 2000 Tour de France. Today's punishing, 149km-long stage takes place between the city of Vaucluse and Mont Ventoux.

5.00pm
Sports Car Racing
Action from the fifth round of the FIA Sports Racing World Cup in Road America, USA.

6.00 Racing Line
Today's action includes highlights of the World Rally Championship, the Porsche Supercup and the Motorcycling Grand Prix.

7.00 Sumo
Action from the Grand Sumo Tournament (Basho) in Tokyo.

8.00 Athletics
Action from the 12th African Athletics Championships in Algiers.

9.00 Cycling
Tour de France action from today's punishing, 149km-long stage between Vaucluse and Mont Ventoux. Plus interviews, reactions and statistics.

11.00 Racing Line
Today's action includes highlights of the World Rally Championship, the Porsche Supercup and the Motorcycling Grand Prix.

NIGHT TIME

12midnight-12.30am
Truck Sports
Action from the FIA European Truck Racing Cup in Nogaro, France.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 WWF – Superstars
8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics
9.30 Big Fight Countdown
10.00 British Superbike
11.00 Trans World Sport
12noon Aerobics 12.30pm Australian Rally Championships 1.00 Futbol Mundial 1.30 Big Fight Countdown 2.00
International Cricket: Triangular One-Day International – England v Zimbabwe – LIVE
Coverage from Old Trafford of England's third match in the one-day international tournament. While Zimbabwe continue to make progress in the Test arena, they are a much tougher proposition in the limited-overs game. Henry Olonga and Heath Streak are the main strike bowlers for the visitors, while the run-making duties are usually shared by the Flower brothers and Murray Goodwin. David Gower introduces the action.

6.00
Big Fight Countdown
Boxing build-up show.
6.30 International Cricket: Triangular One-Day International – England v Zimbabwe – LIVE
Further coverage of the day/night game between England and Zimbabwe, England's third match in the one-day international tournament. While Zimbabwe continue to make progress in the Test arena, they are a tougher proposition in the limited-overs game. A floodlit Old Trafford plays host as both sides bid for a place in the Lord's final. David Gower introduces the action.
10.00
Sky Sports Centre
10.15
Big Fight Countdown
10.45 Gaelic Games
Action from one of the last truly amateur sporting festivals in the world, which continues to grow in popularity across the globe.
11.45
Sky Sports Centre
12midnight Fifa TV
World football show.
12.30am
Schoolboy International: Thailand v Brazil
2.30 Formula Palmer Audi
3.00 TVR Tuscan Challenge
3.30-3.45am
Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News
8.15 Futbol Mundial
8.45 Sky Sports Centre
9.00
Telegraph Action Sport
9.30 Wild Spirits
10.00 Golf Extra
12noon
Rugby League World
1.30pm Masters
Football: Yorkshire Masters
Sheffield Arena is the venue as former players such as Bradford City manager Paul Jewell and Leeds United legends Ronnie Sinclair and Brian Flynn aim to progress to the Masters of Britain final in October.
4.30
British Superbike – Full Throttle
The show that takes viewers behind the scenes of the British Superbike Championship.
5.30
TVR Tuscan Challenge
Motorsport action.
6.00
Inside the PGA Tour
An insight into life on the PGA Tour.
6.30 FIFA TV
World football show.
7.00 Schoolboy International Football – LIVE
Schoolboy international football action, which will no doubt feature some future Premiership, Serie A and La Liga stars.

9.00 Ford Golf USA: Greater Milwaukee Open – LIVE
Coverage from Brown Deer Park in Milwaukee of one of the best-loved events on the USPGA Tour. Since its beginning in 1968, the event has an illustrious list of former winners including Greg Norman, Mark O'Meara and Calvin Peete.
11.00
TVR Tuscan Challenge
11.30
Formula Palmer Audi
Action from the world of Formula Palmer Audi.
12midnight Tight Lines
Bruno Brookes hosts the show for fishing fanatics.
1.00am Gaelic Games
2.00 Big Fight Countdown
2.30 Ford Golf Usa: Greater Milwaukee Open
4.30-4.45am
Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon Watersports World
Watersports action.
1.00pm
Telegraph Action Sport
Action sports adventure.
1.30 Wild Spirits
Madcap sports series.
2.00 Steve Davis and Friends: Tony Knowles
The veteran of the green baize is joined by his former adversary Tony Knowles.

3.00 Brian Moore Interviews: Tony Brown
3.30
Rugby League World
The programme that keeps you up to date with all the latest rugby league developments around the world, from the Super League to the Australian National Rugby League.
5.00 World Wrestling Federation – Superstars
Kevin Kelly hosts action from the World Wrestling Federation circuit.
6.00 Tight Lines
Bruno Brookes hosts the show for fishing fanatics and offers advice to viewers phoning in with their questions.
7.00 Ford Golf USA: Ford Senior Players' Championship – LIVE
Putt-by-putt coverage of the opening day's play at the Tournament Players Club of Michigan in Dearborn. Witness yesterday's stars in action as they set out to prove that they haven't lost the skills that made them famous.
9.00 Gaelic Games
Action from the annual summer festival that is the Gaelic Games, one of the last truly amateur sporting festivals in the world.
10.00-11.30pm
World Cup Classics: Holland v Bulgaria
Relive the excitement of the 1974 World Cup as Holland face Bulgaria in a highly charged encounter from Group Three.

SCI-FI
ACTION PACK

8.00am
Battlestar Galactica
9.00 The Time Tunnel
10.00 Project UFO
11.00 The Incredible Hulk
12noon Babylon 5
Shadow Dancing
1.00pm
Highlander: The Raven
Immunity
2.00 Battlestar Galactica
War of the Gods – Part II

3.00 Robocop
Sisters in Crime
When his sexist views anger feminists, the OCP Chairman is kidnapped by a band of shapely rebels.
4.00 The Time Tunnel
Chase Through Time
A technician-turned-spy plants a bomb in the Time Tunnel complex in order to make good his escape.
5.00 Project UFO
The Doll House Incident
Aliens offer a strange lotus-shaped loaf of bread to an elderly caretaker in exchange for a jug of water.
6.00
The Incredible Hulk
Nine Hours
While working in a hospital Banner has to save the life of a young boy.
7.00 Highlander: The Raven
Immunity
Amanda and Nick find themselves working under cover as newlyweds.
8.00 Babylon 5
Matters of Honor
Sheridan encounters a Shadow vessel and London tries to end his alliance with the Shadows.
9.00 Babylon 5
Convictions
A series of bombings on *Babylon 5* triggers an investigation involving some new residents.
10.00
FILM: Bombshell
Henry Thomas, Brion James, Mädchen Amick
Futuristic adventure. Just two days before the launch of a revolutionary cancer-killing drug which utilises nanotechnology, an eagle-eyed bio-engineer discovers a fatal flaw in the new compound. *1996*
12midnight Lexx
The Web
1.00am
FILM: Flesh and the Fiends
Peter Cushing
Horror about a ghoulish Edinburgh surgeon. *1959*
3.00-4.00am Babylon 5
Shadow Dancing

MTV
MUSIC & GAMES PACK

6.00am Select MTV
8.00 MTV Hits
9.00 Bytesize MTV
12noon MTV Hits
12.30pm Daily Edition
Showbiz news and gossip.
1.00 MTV Hits
2.00 All-Time Top 10 Bikini Videos
Get in the mood for summer with a look at the best bikini videos of recent years.

3.00 Bytesize MTV
A constant barrage of highlights and bizarre moments from different MTVs around the world in short soundbites.
4.00 Select MTV
Viewers make MTV their personal jukebox. Live from London every day with two hours of chat, videos and guest appearances.

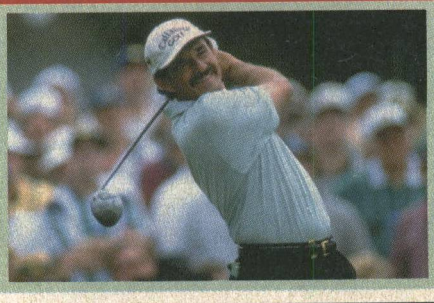
6.00 Bytesize MTV
A non-stop mix of highlights from around the MTV global network.

7.00 MTV Hits
Another hour of back-to-back hits and music videos.

8.00 MTV Dance Floor Chart Show
June Sarpong presents all the biggest tunes hitting the dance floors around the UK this weekend.
9.00 Daily Edition
All the latest showbiz news and gossip from Tinseltown.
9.30
Celebrity Death Match
More claymation violence.
10.00
The Tom Green Show
Anarchic comedy and variety show.
10.30 Loveline USA
US phone-in show.
11.00 MTV Dance Floor Chart Show
Another chance to see all the biggest tunes hitting the dance floors in the UK. With June Sarpong.
12midnight
MTV Ibiza 2000 Megamix
NEW The spotlight turns on some of the artists appearing at this year's MTV Ibiza festival at San Pedrera.
12.30am Partyzone
1.00-6.00am Night Videos

LIVE FORD GOLF USA: GREATER MILWAUKEE OPEN SKY SPORTS 2 9.00PM

Coverage of the $2.5m Greater Milwaukee Open as it swings into action at the Brown Deer Park Golf Course. Carlos Franco (pictured) will be hoping to mount a successful defence of the tournament which he won on his first attempt last year. The Paraguayan beat Tom Lehman by two strokes to notch up his second Tour title of the year, after his triumph at the Compaq Classic of New Orleans. This year's winner will collect a cheque for $450,000.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Sex Under Hot Lights 11.15 Rendezvous 12midnight Freeview 12.12am Banged Up 12.35 Fräulein Debutantes 12.55 No Man's Land 2.15 Our First Time 2.35 Kinky Clubbers 2.55 Pizza Passion 3.15-4.00am Girls' Night In

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Adult Feature 12.25 Adult Feature 12.40 FILM: Vision of Christy 1.00am The Five Minute Freeview 1.05 FILM continues 1.55 Search for a Porn Star 2.20 FILM 3.30-4.00am Chrissy Paris

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Thursday 13 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
11.00 Millennium Classic Years: 1990
12noon Millennium Classic Years: 1991
Terry Waite was finally freed.
1.00pm Millennium Classic Years: 1992
2.00 Millennium Classic Years: 1993

3.00 Millennium Classic Years: 1994
Music and news from the year OJ Simpson was arrested for the suspected murder of his wife.

4.00 Millennium Classic Years: 1995
Music and news from the year that France exploded a nuclear device in the Pacific to world outcry.

5.00 Millennium Classic Years: 1996
Britain was hit by the outbreak of Mad Cow Disease and a 747 airliner crashed over Long Island.

6.00 Millennium Classic Years: 1997
The world was plunged into mourning when Princess Diana was killed in a car crash in Paris.

7.00 Millennium Classic Years: 1998
President Clinton initially denied, then admitted to an affair with White House intern Monica Lewinsky.

8.00 Millennium Classic Years: 1999
Music and news from the year Boris Yeltsin resigned and an earthquake devastated eastern Turkey.

9.00 Egos and Icons: Ricky Martin
The in-depth documentary series takes a look at the phenomenal rise to fame of the Latino star.

10.00 Behind the Music: Cher
An exclusive documentary on the life of the remarkable star. Features an interview with the woman herself about her career and her often troubled private life.

11.30 Greatest Hits: 1990s
A look at the best hits of the last decade.

12midnight Talk Music
Mark Ellen and Pip Dann present the latest music news and live performances.
12.30am Greatest Hits: 1990s
1.00 Hey, Watch This!
2.00 VH1 Flipside
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
1.00 Jack Hanna's Zoo Life
Colombus Zoo
1.30 Jack Hanna's Zoo Life
Denver Zoo, Colorado
2.00 Pet Rescue
2.30 Kratt's Creatures
Maximum Cheetah Velocity
Discover the secret of a cheetah's speed.

3.00 Zig and Zag
A gameshow and sports competition for dogs, presented by Kenny Sergeant.

3.30 Zig and Zag

4.00 Animal Planet Unleashed
Animal facts, action and tips from Mudchute Farm.

4.30 Croc Files
Wildlife series.

5.00 Pet Rescue
Follow the fortunes of abandoned animals.

5.30 Going Wild with Jeff Corwin
Florida Keys

6.00 The Aquanauts
Featuring the rare Galapagos shark and a trained damsel fish.

6.30 Croc Files
Australian wildlife series.

7.00 Born Wild
Africa and Madagascar
A journey through Africa.

7.30 Amazing Animal Shows
Daylight Robbery

8.00 Animal Detectives
Rhinos

8.30 Animal Detectives
Turtles

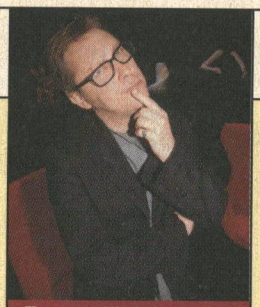
9.00 Crocodile Hunter
Legends of the Galapagos
Steve and Terry are joined by a 168-year-old tortoise on the Galapagos Islands.

10.00 Wild Dogs
Follow the lives of two packs of endangered wild dogs over three years in South Africa's famous Kruger National Park.

11.00 Emergency Vets
Real-life animal stories.

11.30-12midnight Emergency Vets
More real-life animal stories.

CABLE CHECK
Some of the channels listed may not be available in your area



Erupt with laughter as Vic Reeves Examines' volcanoes. UK Play 2.05am

ITV2
ACCESS PACK

4.00pm Trisha
A double bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text

6.00 A-Z of Sport

7.00 Amazing Games

7.30 ISKA Karate

8.00 Sunset Beach
Olivia becomes the prime suspect in Del's murder when she is named the sole heir in his will.

8.50 Chart Choice

9.00 Grafters
Joe and Trevor return to London, while Paul's hasty promises to his father-in-law send the building work into chaos. Text

10.00 Emmerdale
A chance to catch tonight's episode from ITV. Text

10.30 Nuts and Bolts
Pete discovers he may have burnt his bridges.

11.00 The Jerry Springer Show
Outrageous US talk show with more revelations and confrontations.

11.50 The Late Show with David Letterman
Top-rated chat show with celebrity guests.
12.40am Freaky Stories
12.50 A-Z of Sport
1.50-3.50am Emmerdale
Three episodes shown back-to-back. Text

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Our House 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 Repair to Remember 11.30 Fantasy Rooms 12noon Good Living 12.30pm Style Challenge 1.00 Delia Smith's Summer Collection 1.30 Ready, Steady, Cook 2.00 Gardening Neighbours 2.30 Gardeners' World

3.00 Garden Magic
Gardening series.

3.30 Gardening from Scratch
Out to Grass and up the Wall

4.00 Stefan's Garden Roadshow
Help and advice on gardening dilemmas.

4.30 Good Living
Lifestyle series.

5.00 Can't Cook, Won't Cook
Cookery challenge.

5.30 Changing Rooms Down Under
Top Australian designers transform neighbours' rooms against the clock.

6.30 Antiques Roadshow
Kingston-Upon-Hull
Presented by Hugh Scully.

7.00 Real Rooms
Wimbledon Kitchen
The team transform a small, narrow kitchen.

7.30 Change That
Interior design roadshow.

8.00 Style Challenge
Leading fashion experts give people the makeover of their dreams in less than 30 minutes.

8.30 Which Craft?

9.00 Dream House
Building a hi-tech dream house in just six weeks.

9.30 How Does Your Wallpaper Hang?
DIY and home series with expert tips and advice. With Mark Jeffries.

10.30 House Invaders
Linda Barker hosts the DIY show in which homes are given a free facelift.

11.00 Home Front in the Garden
Nottingham Arthouse

11.30 Garden Magic
Instant solutions to gardening dilemmas.
12midnight Gardeners' World
Gay Search discovers a collection of penstemons in a pretty Dorset garden.
12.30am-1.00am Stefan's Garden Roadshow
Help and advice on gardening dilemmas.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Richard Wilson Way Out West Text 7.50 Piranhas 8.20 Rolf's Amazing World of Animals 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.15 Great Railway Journeys 11.15 Fire and Ice 12.15pm Rolf's Amazing World of Animals 12.45 City Hospital 1.45 Mysteries with Carol Vorderman Text 2.15 Mysteries with Carol Vorderman Text 2.45 Richard Wilson Way Out West
Actor Richard Wilson learns the ropes as a real-life working cowboy.

3.45 Vets to the Rescue
Heartwarming stories of pets in need.

4.20 Vets in Practice
Good Times and Bad
Steve gets to grips with a sick iguana. Text

4.50 Animal Hospital
Rolf Harris catches up with the latest RSPCA action.

5.25 Back to the Floor
Back on Site Text

5.55 City Hospital
Gaby Roslin and her team report on the triumphs and trials of life for the patients and staff at Southampton General Hospital.

6.55 Learners
A 54-year old Italian woman drives for the first time.

7.25 Disaster
The Goiania Incident
A look at the Brazilian radiation disaster of 1987.

8.00 Vets in Practice
Good Times and Bad
An iguana needs help. Text

8.30 Back to the Floor
Back on Site Text

9.00 Paddington Green
Jackie takes a gamble with her appearance.

9.35 Soldiers to Be
Punch Drunk

10.05 Soldiers to Be
No Place for a Woman
Follow the women's platoon in the field.

10.40 Trouble at the Top
Rover's Return

11.30 Living with the Enemy
Fly-on-the-wall show. Text
12midnight-1.00am Farewell Fantastic Venus

UK PLAY:
1.00am Shooting Stars 1.30 Game On 2.05 Vic Reeves Examines 2.35 Smell of Reeves and Mortimer 3.10 Soundtrack 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Funny Noise 4.45 Hey DJ 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Joy of Decks

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow – Cooked in a Flash 9.30 Ideal Home Cooks 10.00 The Green Gourmet 10.30 Simply Baking 11.00 A Slice of the Action 11.30 Loyd's Louisiana 12noon Scotland's Larder 12.30pm In Season 1.00 Kitchen College 1.30 Costa del Nosh 2.00 Food Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow – Cooked in a Flash
Healthy food in minutes.

3.30 Tessa's Tastebuds
Tomatoes

4.00 Simply Baking
Chocolate

4.30 Ideal Home Cooks
A look at cook books with a potato theme.

5.00 Superchefs

5.30 Scotland's Larder

6.00 Coxon's Kitchen College

6.30-7.00pm Cocktail Challenge

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Azalai: Caravan of the White Gold
Follow the Azalai – on one of the last of the Sahara salt caravans.

8.00 Amazon Journal
Join Geoffrey O'Connor as he charts the progress of the environmental movement through the Brazilian Amazon.

9.00 Making Babies
A look at what the future holds for the fertility treatments which are presently making 20,000 babies a year.

10.00 In Harm's Way
Discover how millions of people choose to live in the paths of floods, fires, avalanches, earthquakes and volcanic eruptions.

11.00 Wild Dog Dingo
A look at the behaviour of wild dogs in their natural habitat and whether they are vicious outlaws or beautiful creatures.

12midnight-1.00am Antarctica.org
Follow explorers Alain Hubert and Dixie Dansercoer as they attempt to cross the harsh and unforgiving continent of Antarctica.

6.00 AM
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
MORNING
NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
Fast-paced quiz show.
6.30 Family Fortunes
Big money gameshow.
7.00 Beadle's About
7.30 Winner Takes All
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
Gordon Burns hosts the gruelling test of physical stamina and mental agility.
4.00 Say the Word
4.30 Move On Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting
6.30 Garden Calendar 7.00 The Great Gardening Plot
7.30 Doorstep DIY
8.00 How to with B & Q
8.05 These Four Walls
8.35 Our House Down Under
9.05 The Joy of Painting
9.35 Garden Calendar
10.05 How to with B & Q
10.10 Great Gardening Plot
10.40 Two's Country
11.10 Space Invaders
11.40 Home Savvy
12.10pm How to with B & Q
12.15 Hometime 12.45 Classic This Old House
1.15 New Yankee Workshop
1.45 Home Again with Bob Vila
2.15 How to with B & Q
2.20 The House Doctor
2.50 Village Green
3.20 Rex Hunt Fishing Adventures
3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am buzz:tracks
11.00 Ibiza 2000
11.30 Mountain Bikes
12noon buzz:tracks
1.00pm Scratch TV
1.30 That Film Show
A fresh look at films.
2.00 Adrenalize
2.30 Byte Me
3.00 Surf Film
4.00 Trainspotters 99
5.00 Ibiza 2000
It's party time.
5.30-6.00pm e-trippers

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

Thursday 13 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM
4.00pm Rex Hunt Fishing Adventures
Rex pays a visit to a local tackle shop at Chalong Bay in Thailand.
4.30 Discovery Today

5.00 PM
5.00 Spell of the North
The Rush for Alaska
Follow the route of explorer Vitus Bering across the Aleutian Islands to Alaska.

6.00 PM
6.00 Hunters
Savage Pack
A look at the survival strategies of that intelligent and cunning creature, the wild dog.

7.00 PM
7.00 Great Escapes
Seaside Terror
Survivors of the Brighton bombing of October 1984 tell their stories.
7.30 Discovery Today

8.00 PM
8.00 Medical Detectives
Grave Evidence
8.30 Medical Detectives
Deadly Formula

9.00 PM
9.00 The FBI Files
Above the Law
Follow an FBI investigation into the rape and murder of a woman on a Californian highway.

10.00 PM
10.00 Forensic Detectives
Infallible Witness
See how forensic detectives are employing the latest technology.

11.00 PM
11.00 Battlefield
Learn how vicious fighting in Saigon preceded the eventual withdrawal of the United States from the Vietnam conflict.

12.00 NIGHT TIME
12midnight Time Team
St Mary's City
The team follows in the footsteps of some of the first English settlers in America.
1.00am Diving School
Students take part in rescue training in a flooded quarry.
1.30-2.00am Discovery Today

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Fat Dog Mendoza
3.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
4.00 The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30 Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation adventure series.
5.30 Johnny Bravo
More pec-flexing with the bequiffed egomaniac.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky tales.
7.30 Looney Tunes
8.00 Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm FILM: The Wings of Eagles
John Wayne, Ward Bond, Maureen O'Hara
Drama based on true events. When the flying career of a World War I US Navy pilot is brought to an end by injury, he turns instead to writing screenplays for Hollywood films. *1957*
11.00-1.00am FILM: The Hard Way
Ida Lupino, Dennis Morgan
Drama. A woman tries to rule her sister's life. *1942*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

NICKELODEON
FAMILY PACK

7.00am Rugrats 7.30 Kenan and Kel 8.00 Sabrina the Teenage Witch 8.30 Hey Arnold! 9.00 Arthur 9.30 Fraggle Rock 10.00 The Magic School Bus 10.30 Bananas in Pyjamas 11.00 Babar 11.30 Arthur 12noon Thomas the Tank Engine 12.30pm Blue's Clues 1.00 Rugrats 1.30 Noah's Island 2.00 Babar 2.30 Mona the Vampire

3.00 The Wild Thornberrys
3.30 Rugrats
Fun with the tousle-headed nippers with the over-fertile imaginations.
4.00 Hey Arnold!
More adventures with the kid with the cool quiff.
4.30 Two of a Kind
Double trouble with the twin sisters.
5.00 Sabrina the Teenage Witch
5.30 Kenan and Kel
The adventures of two funky friends.
6.00 Sister Sister
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 Caroline in the City
8.00 Ellen
Morgan P.I.
8.30 Just Shoot Me
King Lear Jet
Jack gets tickets for *King Lear* on the London stage.
9.00 Married... With Children
Thinnergy
9.30 Cybill
Earthquake
The Earth moves for Cybill.
10.00 Frasier
The Gift Horse
The brothers compete at present-buying.
10.30 Harry Hill
Big-collared comedy.
11.00 Vic Reeves Big Night Out
11.30 Cheers
Sam Ahoy
Robin lends Sam and the gang a yacht for a race.
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio 1.35 Duckman 2.00 DiResta 2.30 Nurses 3.00 It's Garry Shandling's Show 3.30-4.00am Abbott and Costello

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

3.00 Diabolik
3.25 Woody Woodpecker
3.35 Sailor Moon
Adventures of the elite schoolgirl crime-fighters.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50 Mad Jack the Pirate
5.00 Monster Rancher
5.20 Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection 7.00 Kids Shop! 7.30 Jewellery Shop! 8.30 Kitchen Shop! 9.30 Home Shop! 10.00 Jewellery Shop! 11.00 Entertainment Shop! 12noon Shop! Outlet 12.30pm Shop! Selection
Round-up of the best-selling items on the channel.
1.30 Shop! Special 2.30 Technology Shop! 3.30 Clothes Shop! 4.30 Holiday Shop! 5.00 Collectors' Shop! 5.30 Shop! Preview 6.00 Shop! Selection 7.00-7.30pm Home Shop

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows.
Saturdays: The best of the week and children's programming.
Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart*.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Movers 1.15 Asian 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Hotspots 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 WorldView 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 Fashion TV 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Fashion TV 4.30 The Book Show 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Autant Savoir 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 V'la l'Cinéma ou le Roman de Charles Pathé 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 V'la l'Cinéma ou le Roman de Charles Pathé 3.00 Journal 3.15 Questions 3.30 Télétourisme 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal 7.30 Journal et Le Journal du Temps 8.00 Infos 8.05 Les Aventuriers de la Science 9.00 Journal 9.15 Des Trains Pas Comme les Autres 10.00 Les Conflits Verts 11.00 Le Journal du Tour 11.30 Infos 11.35-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Akhir Kyon 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Fuldani Foram 12.30pm Thekikaat 1.00 Katha Sagar 1.30 FILM 4.00 Take 2 4.30 Music Fusion 5.00 Kaala Daira 6.00 Mumkin 6.30 Videocon Flashback 7.00 Katha Sagar 7.30 News 8.00 Wilaytee Babu 8.30 FILM 11.30 News 12midnight Wilaytee Babu 12.30am MTV 123 1.15 FILM 4.00 Thekikaat 4.30 Mumkin 5.00 Dooriyan 6.00 Holy Quran 6.30 DD Programme 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Usha Uthap Show 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Sai Baba 7.30 News 8.00 Karobari Duniya 8.30 Tara 9.00 Daayre 9.30 Bodymatters 10.00 Tum Hi To Ho 11.00 Iffat's Fashion Magazine 11.30 Aangan 12noon FILM 3.00pm Professor Pyarelal 3.30 Ikke Pe Ikka 4.00 Raahat 4.30 Pride Antakshari 5.00 Chingari 5.30 Aangan 6.00 Banegi Apni Baat 7.00 Hello Friends 7.30 Aashiqui 8.00 News Bulletin 8.30 Pride Ka Aashirwad 9.00 Raahein 9.30 Kasak 10.00 Thriller at 10 10.30 Pakistan News Link 11.00 Saath Saath 11.30 Woh 12midnight Punjabi News 12.15am News Bulletin 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 V3 5.30-6.00am Hey Ha Ho

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Gospel Truth – Andrew Wommack 6.00 Winning Edge 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This Is Your Day 8.00 CMTV 8.20 Thought for the Day 8.30 Life in the Word 9.00 Potter's House 9.30 Winning Ways – Matthew Ashimolowo 10.00 CMTV 10.30-11.00am 700 Club Replay

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 3.00 Tokyo Live 3.30 Wall Street Report 4.00 Tokyo Live 5.05-6.00am US Market Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 House of Lords 11.30 House of Commons 7.30pm House of Lords 11.00 The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon
Naked Warriors of Europe
12.55pm
Photos for the Future II
1.00pm
Titanic
2.00
Biography
Julius Caesar
3.00
Spies
Licence to Kill
3.30
Victory at Sea
The Road to Mandalay
4.00
Fighting Leathernecks of World War II
5.00
Classic British Cars
5.30
Classic Cars
Autojumble
6.00
The First Americans
6.55
Photos for the Future II
7.00
Titanic
Deep Sorrow
8.00
Biography
Joan of Arc
9.00
Great Crimes and Trials
Caryl Chessman
9.30-10.00pm
Great Crimes and Trials
Son of Sam

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Small Office Home Office at 11.00pm.

Get MoneyBack for having fun with your Credit Card

MoneyBack Gold Card

MoneyBack Credit Card

With our MoneyBack Credit Card, you'll earn MoneyBack every time you spend. In January you'll receive a cheque for the total amount you've earned. And the benefits don't stop there. You'll have the opportunity to:

- Choose the MoneyBack Credit Card or, if you're over 21 and earn more than £20,000 a year, the MoneyBack Gold Card.
- Earn 0.5% MoneyBack on Purchases up to £3,999.99 and 1% thereafter.**
- Save with a low APR of 9.4% when you transfer a balance (GUARANTEED for the life of the balance), with 5% MoneyBack on all your interest payments.
- Benefit from no annual fee.

To apply for your MoneyBack Credit Card call us FREE on:

0500 83 83 83

quoting code NJ1283

Lines are open 24 hours a day, 365 days a year.

An APR of

9.4%

for balance transfers, GUARANTEED for the life of the balance*

Alternatively, simply complete this coupon and return to: Alliance & Leicester Credit Cards, FREEPOST, Heritage House, 61 Southgates, Leicester LE1 5RR (no stamp required).

Ref: NJ1283

Mr/Mrs/Miss/Ms _____ Forename _____ Surname _____

Address _____

_____

_____ Postcode _____

Date of Birth _____ Tel No. _____

Alliance Leicester

Common sense in a crazy world

Visit our website at http://www.alliance-leicester.co.uk

Available (subject to status) to UK residents aged 18 years (21 years for Gold) or over. Minimum income requirements apply. Written quotes on request. The effect of MoneyBack has been included in calculating the APR. For Purchases/Balance Transfers interest (all variable) is charged daily at 1.42% per month **17.4% APR** and **19.2% APR** for cash advances (including handling charge of 1.5% (£2.00 minimum) (excluding MoneyBack **18.4% APR** and 20.2% APR respectively). *Promotional Balance Transfer rate of **11.3% APR** (fixed) applies if transfer within eight weeks of account being opened (or **9.4% APR** if transferred account is closed) (excluding MoneyBack **11.9% APR** (fixed) or **9.9% APR** (fixed) respectively). Interest is charged from date of transfer. Within 25 days of statement date 3% (or £5.00 if greater) must be repaid. Handling charges of 1.5% (£2.00 minimum) on Credit Card Cheques (not promotional ones) and 2.75% on Foreign Currency Transactions apply. **Standard MoneyBack on purchases is 0.5% up to £3,999.99 and 1% up to £19,999.99 (purchases for business/trade not eligible) and 5% on repayment of interest debited to your account. Conditions apply. Telephone calls recorded/monitored. Alliance & Leicester plc. Registered office: Carlton Park, Narborough, Leicester LE9 5XX. Company No: 3263713. Registered in England. Authorised as a bank pursuant to the Banking Act 1987. Member of the British Bankers' Association. All information correct at time of going to press.

Friday 14 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Christmas Wish
Text *1998, rating Sky U, 85 mins*
7.30 Mr Mum
1983, rating Sky PG, 87 mins
9.15 Class Action
1991, rating Sky PG, 105 mins
11.05 The Beautician and the Beast
Text *1997, rating Sky PG, 102 mins*
12.55pm Mr Mum
1983, rating Sky PG, 87 mins
2.40 Jungle Boy
David Fox, Lea Moreno, Asif Mohammed Seth, Jeremy Roberts
Adventure. A young boy, raised by animals in the Indian jungle, finds himself on a dangerous mission to rescue an archaeologist and prevent him from discovering the jungle's secret. *1993, rating Sky PG, 85 mins*

4.10 Class Action
Gene Hackman, Mary Elizabeth Mastrantonio, Colin Friels
Drama in which a father and his daughter are rival lawyers facing each other in court – he representing the common man, she siding with a corrupt manufacturer whose products contain a lethal fault. *1991, rating Sky PG, 105 mins*

6.00 The Beautician and the Beast
Fran Drescher, Timothy Dalton, Lisa Jakub, Ian McNeice
Comedy in which a beautician is mistaken for an academic and hired as a tutor to the children of an East European dictator. The stern tyrant soon finds himself strangely attracted to his new employee. Text *1997, rating Sky PG, 102 mins*

8.00 The Edge
Anthony Hopkins, Alec Baldwin, Elle Macpherson
Thriller. When a billionaire, his model wife and a photographer travel to Alaska for a fashion shoot, the men become stranded in the wild, pursued by a bear. As they fight for their lives, the tycoon is sure that his companion is planning his death. Text *1997, rating Sky 15, DS, 113 mins*

10.00 The Exorcist
Ellen Burstyn, Max Von Sydow, Lee J Cobb, Linda Blair
Controversial horror movie based on a true story. When a teenage girl finds herself possessed by a powerful demon, her mother calls in a priest to exorcise the evil spirit. However, the cleric is also trying to battle against his own demons. Text *1973, rating Sky 18, 117 mins*

12midnight Sphere
Dustin Hoffman, Samuel L Jackson
Thriller in which scientists are called in to investigate a mysterious craft found on the sea bed. Text *1997, rating Sky 12, 129 mins*
2.15am The Brylcreem Boys
1996, rating Sky 15, 102 mins
4.00-5.50am Toughlove
Drama. *1985, rating Sky 15, 92 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

6.05am Charley and the Angel
Drama. *1974, rating Sky U, 91 mins*
8.00 A Father's Son
1999, rating Sky PG, 92 mins
10.00 Two of Hearts
Romantic comedy. *1999, rating Sky PG, DS, 91 mins*
12noon Navigating the Heart
Jaclyn Smith, Tim Matheson
Romantic drama. *1999, rating Sky PG, 88 mins*
2.00pm A Father's Son
John Schneider, Cheryl Ladd, Joel Berti, Daveigh Chase
Fact-based drama about the actor Michael Landon, whose affair with a younger woman came close to destroying his family. *1999, rating Sky PG, 92 mins*

4.00 Two of Hearts
Gail O'Grady, Rob Stewart, Marla Maples, Corbin Bernsen
Romantic comedy in which a depressed veterinary surgeon and a sentimental sports reporter meet at the wedding of their former partners. Amid numerous comical mishaps and false turns, the pair soon find themselves falling in love. *1999, rating Sky PG, DS, 91 mins*

6.00 To Love, Honor and Betray
James Brolin, Crystal Bernard, David Cubitt, Philip Akin
Fact-based drama in which a young woman discovers that her father is cheating on her mother. When her mother is murdered, she becomes convinced that her father is the killer. *1999, rating Sky PG, 86 mins*
7.35 UK Top Ten

8.00 Buffalo Soldiers
Danny Glover, Timothy Busfield, Bob Gunton, Carl Lumbly
Drama set during the US Civil War, in which an all-black Union Cavalry division finds itself having to contend with racism among its white comrades. *1997, rating Sky 15, 91 mins*
9.45 Purgatory
Sam Shepard, Eric Roberts, Randy Quaid, Donnie Wahlberg
Fantasy Western. A group of soldiers arrives in a remote town where things are not quite what they seem. Among the town's strange features is the presence of several legendary, long-dead, gunfighters. Text *1999, rating Sky 15, DS, 91 mins*
11.20 Misbegotten
Kevin Dillon, Nick Mancuso
Thriller in which fertility treatment leads to a husband and wife being hunted by a psychotic thriller. Text *1997, rating Sky 18, 93 mins*
1.00am The Pentagon Wars
1998, rating Sky 15, DS, 99 mins
2.45 How to Be a Player
Text *1997, rating Sky 18, 90 mins*
4.20-6.00am Love, Murder and Deceit
Crime. *1996, rating Sky PG, 88 mins*

MOVIE RATINGS

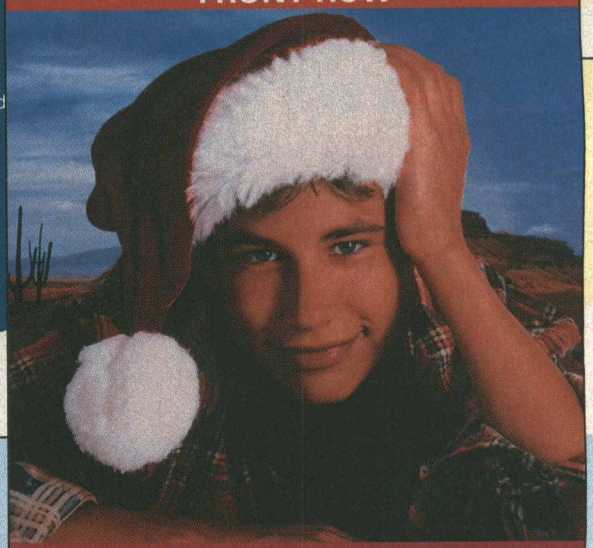
Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm All About Eve
Bette Davis, Gary Merrill, Anne Baxter, George Sanders
Classic, Oscar-winning drama. The story revolves around the meteoric rise of an ambitious young actress who is prepared to use any means, and exploit any person – including her supposed friends – as she ruthlessly aims to achieve fame and fortune in Hollywood. Text *1950, rating Sky U, 133 mins*
6.20 The Prisoner of Second Avenue
Jack Lemmon, Anne Bancroft, Elizabeth Wilson, Gene Saks
Comedy drama. An advertising executive goes through hell when he loses his job and has a breakdown. Although his wife is understanding, he resents having to live on her income. *1974, rating Sky PG, 94 mins*

8.00 Pink Cadillac
Clint Eastwood, Bernadette Peters, Timothy Carhart
Action comedy about a man who is employed to 'retrieve' on-the-run criminals and bail jumpers. His life takes a strange turn when he is hired to find a young mother who turns out to be fleeing a group of white supremacists. *1989, rating Sky 15, DS, 116 mins*
10.00 Boyz N the Hood
Cuba Gooding Jr, Ice Cube, Larry Fishburne, Morris Chestnut
Drama about a young man living in South Central LA with his strict father. Aiming to go to college, his future looks brighter than that of his friends, who are becoming involved with local criminals. Text *1991, rating Sky 15, DS, 108 mins*
11.55 Paranoiac
Janette Scott, Oliver Reed
1963, rating Sky 15, 77 mins
1.20am A Kind of Loving
Alan Bates, June Ritchie, Thora Hird
1962, rating Sky 15, 107 mins
3.15 Boyz N the Hood
Drama set in South Central LA. Text *1991, rating Sky 15, DS, 108 mins*
5.10-5.50am Hollywood Hall of Fame: James Dean

FRONT ROW



Jonathan Taylor Thomas promises 'I'll be Home for Christmas' in this teen comedy. Front Row, see below

FILMFOUR
ADD-ON CHANNEL

6.00pm Short Attention Span Cinema
In this programme, short films, commercials and music videos sit alongside interviews, reports and insights into the often neglected world of short films. It also takes a look at the up-and-coming names which could well be on everyone's lips next year.

8.00 Prêt-à-Porter
Kim Basinger, Richard E Grant, Tim Robbins, Julia Roberts
Robert Altman's satirical overview of the fashion industry. A variety of romantic and personal intrigues are played out as an entourage of models, designers, photographers, reporters and magazine editors descend on Paris for the annual fashion extravaganza of the title. *1994, 127 mins*
10.15 The People Vs. Larry Flynt
Woody Harrelson, Courtney Love, Edward Norton, James Cromwell
Biopic following the chequered career of Larry Flynt, the US porn baron. Busted for obscenity, contempt of court and libel, his only support is his wife and his lawyer who abhors his business but fights for his civil liberties. Text *1996, 124 mins*
12.30am The Idiots
Bodil Jorgenson, Jens Albinus
Controversial satire. *1998, 115 mins*
2.30 Lars from 1 to 10
2.45 Ladybird Ladybird
Ken Loach drama. *1994, 97 mins*
4.25-6.00am The Day the Earth Stood Still
Science fiction. *1951, 88 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm John Ford: An American Vision
Biography of John Ford, the director responsible for such works as *Stagecoach*, *Fort Apache* and *The Searchers*.

8.00 Rio Grande
John Wayne, Maureen O'Hara, Ben Johnson, Claude Jarman Jr
Western in which a Cavalry officer is determined not to show his son preferential treatment when he is assigned to his father's outpost. The youngster later gets a chance to prove himself to his demanding father by rescuing a wagonload of children from fearsome Apache warriors. *1950, 105 mins*

10.00pm Maximum Risk
Jean-Claude Van Damme, Natasha Henstridge, Zach Grenier
Action thriller in which a French cop finds out that he had a twin brother who was involved with a host of shady characters. In a bid to learn more about his deceased twin the cop travels to New York, where he soon gets on the wrong side of his brother's former associates. *1996, 101 mins*
12midnight Shamus
Burt Reynolds, Dyan Cannon
Crime drama. *1972, 106 mins*
1.45am Satan's Slave
Michael Gough, Martin Potter
Horror. Widescreen *1976, 86 mins*
3.30 Maximum Risk
Action thriller. *1996, 101 mins*
5.30-7.00am Grand National Night
Crime drama. *1953, 81 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

I'LL BE HOME FOR CHRISTMAS
Rating PG, 83 mins
Comedy. A teenager has to race from California to New York to gain the Porsche his father promised him if he gets home for Christmas. Stars Jonathan Taylor Thomas and Jessica Biel.
T/C: Christmas comedy, families. BL: Occasional, mild. S/N: Infrequent, mild references. V: None.
6.20am, 8.00am, 9.40am, 11.20am, 1.00pm, 2.40pm, 4.20pm

Channel 51 Evening

IN DREAMS
Rating 18, 96 mins
Thriller. An artist seems to have a mental link with a psychopath and is haunted by dreams about his next victims. Eventually she takes a frightening course of action. Stars Annette Bening and Aidan Quinn.
T/C: Psychic thriller. BL: Frequent, strong. S/N: Infrequent, mild. V: Frequent, strong horror.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

JACKIE CHAN'S WHO AM I?
Rating 12, 104 mins
Action comedy. A secret agent is left behind in Africa suffering from amnesia when a mission goes wrong and he seeks the help of a local tribe in an attempt to regain his identity. Stars Jackie Chan and Ron Smerczak.
T/C: Action comedy, conspiracy. BL: Infrequent, mild. S/N: None. V: Occasional, moderate.
6.30pm, 8.30pm, 10.30pm, 12.30am, 2.30am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple attempt to recover from the effects of a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action BL: Infrequent, strong. S/N: None. V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Earthworm Jim
6.30 Grimmy
7.00 Starship Troopers
7.30 Pokémon
8.00 Pokémon
8.30 Pokémon
9.00 The Oprah Winfrey Show
10.00 Jenny Jones
11.00 Sally Jessy Raphael
12noon Jenny Jones
1.00pm Sally Jessy Raphael
2.00 Jenny Jones

3.00 Earthworm Jim
Day of the Fish
The hero stumbles upon the plans of Bob The Killer Goldfish.
3.30 Pokémon
Pokemon Emergency
4.00 Pokémon
Showdown In Pewter City
Ash visits a Pokémon gym.
4.30 Pokémon
The Water Flowers of Cerulean City
5.00 Star Trek: Voyager
Hunters
Sci-fi drama series. Seven of Nine and Tuvok are suddenly taken captive by a threatening alien ship. Text
6.00 Early Edition
Saint Nick
When a handsome new doctor comes to town and expresses interest in Erica, Gary re-evaluates his feelings for her.
7.00 The Simpsons
Treehouse of Horror VII
Bart and Lisa discover Bart's demented twin.
7.30 The Simpsons
Bart the Lover Text
8.00 The Best of Star Trek: Deep Space Nine
Favor The Bold – Part I/ Sacrifice of Angels – Part II
A look back at highlights of the enduring sci-fi drama series and its spin-offs. While Kira prepares for the destruction of the minefield that protects the Federation, Sisko hatches a daring plan to retake *Deep Space Nine*. Text
10.00 Outer Limits
Another spooky sci-fi tale depicting strange occurences of an extra-terrestrial nature.

11.00 Uncut! The Villa
The crew go behind the scenes to discover how well a group of youngsters, thought to be compatible, will get on spending a week together in a holiday villa.
12midnight Star Trek: Voyager
Hunters
Seven of Nine and Tuvok are taken captive by aliens. Text
1.00am New York Undercover
Going Platinum
A diamond heist takes JC undercover to catch the criminals. Text
2.00-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Keeping Up Appearances
6.30 Bread Text 7.05 Crossroads
7.30 Dynasty
8.25 EastEnders Text
9.00 The Bill Text
9.30 The Bill Text
10.00 The House of Eliott
11.00 Knots Landing
11.55 Neighbours
12.25pm EastEnders Text
1.00 Dangerfield
2.00 Knots Landing

3.00 The Bill
A Place of Your Own Text
3.30 The Bill
Don't Want to Hear the Bad News
Daly and Skase uncover a deep family rift after a burglary. Text
4.00 EastEnders
Arthur's birthday brings him mixed blessings and Phil makes an unwelcome discovery. Text
4.35 Neighbours
Lucy is annoyed with Paul.
5.00 'Allo 'Allo!
Will René marry Yvette? Text
5.40 Bread
To Mrs Boswell's horror, Billly and Julie have their baby christened in a Protestant church. Jack and Joey have their doubts about Adrian's new job. Text
6.20 The Brittas Empire
High Noon
Brittas finds a new job after being sacked from The Leisure Centre.
7.00 Just Good Friends
Vince's lunch date with Penny ends with her pouring a pint of lager over him.
7.40 Birds of a Feather
Relative Strangers
Darryl and Chris find life outside prison difficult. Text
8.20 Kiss Me Kate
Kate is thrilled to be invited to her friend Julia's wedding – then Julia's old flame turns up. Text
9.00 One Foot in the Grave
I'll Retire to Bedlam
Victor and Margaret get trapped in their shed by a swarm of bees.
9.40 Jonathan Creek
Miracle in Crooked Lane
A woman is involved in a tragic accident, leaving her in a coma – but is then sighted on her way to church in her village. Text
10.45 The Thin Blue Line
The Green-Eyed Monster
Will Fowler finally propose to Patricia? Text
11.25 The Bill
A Place of Your Own
Garfield and Page search for a missing teenager Text
12midnight The Bill Text
12.35am One Foot in the Grave Text 1.15 Jonathan Creek Text
2.15 Casualty 3.15 Whatever Happened to the Likely Lads?
3.50 Whatever Happened to the Likely Lads?
4.20 'Allo 'Allo! Text
4.55 Just Good Friends
5.25-6.00am The Brittas Empire

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Shopping across the UK 9.30 Home and Away 10.00 Jerry Springer 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 Family Confidential 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich

3.20 Relationship SOS
Programme giving love advice to people who need to revamp their relationships.
3.50 Forgive or Forget
Mother Love deals with problems in relationships and tries to resolve them by giving guests the opportunity to forgive each other.
4.40 Oh Baby
Sitcom about a woman who has a baby by artificial insemination.
5.05 Streetmate
Davina McCall tries to find partners for single people.
5.35 Ready, Steady, Cook
Cookery show in which two top chefs compete against the clock.
6.10
The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in lively chat.
7.00 Judge Judy
Judge Judy Sheindlin presides over a series of real-life cases.
7.30 Will and Grace
US sitcom about two roommates – one gay, the other straight.
8.00 Charmed
Drama about three sisters who move into a San Francisco house inherited from their grandmother – only to find they have gained her powers of witchcraft as well.
9.00 Profiler
Suspense thriller series about Dr Sam Waters, a brilliant forensic psychologist with a gift for understanding the criminal mind. Stars Ally Walker.
10.00 FILM:
Live! From Death Row
Bruce Davison, Joanna Cassidy
Thriller about a TV journalist, desperate to boost her programme's ratings, who takes her crew to death row to conduct an interview with a murderer. But as the viewers look on, she and her team are taken hostage. *1992*
11.50-12midnight
Sex Bites

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 The Lovers 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

3.00 Boon
Beef Encounter
A fast food king gets his comeuppance for exploiting his young employees, in spite of Ken's attempts to keep the peace.
4.00 Kojak
Cry for the Kids
Kojak prays that his suspicions are incorrect when the prime suspect in the murder of a local thug turns out to be a teenager.
5.00 Hart to Hart
With This Gun, I Thee Wed
The Harts travel to Monte Carlo for the wedding of an unwilling bride. Stars Robert Wagner and Stefanie Powers.
6.00 Emmerdale
Biff finds something strange in the swimming pool. Text
6.30
Classic Coronation Street
Susan Barlow arrives. Text
7.00 Sorry!
Chief Inspector Calls
An escaped convict visits Timothy's home.
7.30 Robin's Nest
A Little Competition
8.00 Boon
Never Say Trevor Again
Margaret and Ken are out to nail a gangster and to help a boy whose mother decides to marry his best friend.
9.00 Kojak
Letters of Death
A model finds that people around her are suddenly murdered.
10.00 Hale and Pace
10.30-11.00pm
The Comedians

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Strippers
A look at the world of lap dancing and stripping in the UK.
11.30 Sin City
A report on Amsterdam's sex industry.
12midnight Sex TV
The steamy world of movie making with Chris Hopkins.
12.30am Girls on Film
Women model bikinis and underwear in front of the judges and fans.
1.00 E! Wild On...
The Alps
Locations include Geneva.
1.50-2.00am Wicked Willie

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Classic Toons 10.35 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Classic Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
More undersea adventures. Text
3.30 Sabrina
More trouble brewing with the half mortal/half witch. Text
3.55 Art Attack
The award-winning art show filled with handy tips. Hosted by Neil Buchanan. Text
4.30 Recess
Animated series following the misadventures of fourth grade life.
5.00 Miami 7
Pop band S Club 7 find themselves playing for free in a faded Florida resort hotel. Text
5.30 Smart Guy
A Little Knowledge Text
6.00 Boy Meets World
We'll Have A Good Time Then
Jack and Shawn's father, Chet, returns to town.
6.30 Microsoap
Fun-filled kids' sitcom. Text
7.00 FILM:
Getting Even with Dad
Macaulay Culkin, Ted Danson
Family comedy. An 11-year-old boy hits on a great idea to make his dad give him some attention. He hides the proceeds from one of his father's burglaries – but unfortunately not everyone sees the funny side. *1993*
8.45 Honey, I Shrunk the Kids: The TV Show
Honey, It's a Miracle
Amy uses her dad's invention to help her with a history test. Text
9.30 Dinosaurs
The huge and huggable Dinosaurs return. Text
10.00 Home Improvement
Comedy double bill. Text
11.00
Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

FRIDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

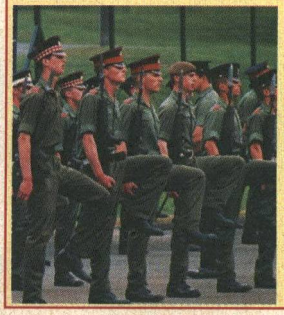
FILM

The Exorcist
Sky Premier 10.00pm
Working from an Oscar-winning screenplay by William Peter Blatty, who adapts his best-selling novel, director William Friedkin infects this shocker with a sense of dark, brooding malevolence. It details the demonic possession of a sweet 12-year-old girl.

GENERAL

Outer Limits
Sky One 10.00pm
Classic episodes of the stylish science fiction anthology series begin tonight. Transporting the viewer from the inner mind to the outer reaches of the universe, *Outer Limits* offers a different story each week featuring a whole new cast in an extraordinary adventure.

ADVERTISEMENT UK HORIZONS



SOLDIERS TO BE 9.30PM
Take an uncompromising look at life in today's armed forces. Filmed at the Army Training Camps at Pirbright and Winchester, this series follows the first stages of training for new recruits of the British Army. Showing as a prelude to the new series on UK Horizons from Saturday 15 July.

Friday 14 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

MORNING

6.00 AM
7.30am Equestrianism
8.30 Cycling
10.00 Tennis – LIVE
Action from the ATP Tournament in Gstaad, Switzerland.
12noon Mountain Bike
12.30pm Motorsports
1.30 Cycling
The latest action from the Tour de France.
2.30 Cycling – LIVE
Coverage of the thirteenth stage of the Tour de France from Avignon to Draguignon, which covers a gruelling 180 kilometres.

3.00 PM

4.00 PM

5.00 PM
5.00 Equestrianism
Coverage of the Samsung Nations Cup in Aachen, Germany.

6.00 PM
6.00 Formula 3000
High-speed action from the seventh round of the FIA Formula 3000 International Championship at the A1-Ring in Spielberg, Austria.

7.00 PM
7.00 Sumo
Heavyweight action from the Grand Sumo Tournament in Tokyo.

8.00 PM
8.00 Athletics
Coverage of the 12th African Athletics Championships in Algiers.

9.00 PM
9.00 Cycling
Highlights of the thirteenth stage of the Tour de France, including expert reactions, interviews and race statistics.

10.00 PM

11.00 PM
11.00 SportsCentre
The latest sporting news.
11.15 Boxing
Hard-hitting action from a top international contest.

12.00

NIGHT TIME
12.15am-12.30am SportsCentre
All the latest sporting news.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre 7.15 TVR Tuscan Challenge 7.45 Formula Palmer Audi 8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics 9.30 Big Fight Countdown 10.00 Schoolboy International: Thailand v Brazil 12noon Aerobics Oz Style 12.30pm FIFA TV 1.00 Big Fight Countdown 1.30 Schoolboy International: Thailand v Brazil

3.30
Formula Palmer Audi
High octane action from the world of Formula Palmer Audi.
4.00 FIFA TV
An insight into all areas and levels of football.
4.30
Trans World Sport
An eclectic variety of sport covering everything from powerlifting and golf to football and ice hockey.
5.30 Futbol Mundial
All the action from the world game.
6.00
Sky Sports Centre
Catch up with the latest from the world of sport.
6.30 Big Fight Countdown
7.00
Super League – LIVE
Super League V is now at a critical stage. For the front runners such as the Wigan Warriors and Bradford Bulls, points are even more crucial than ever as the battle for the top of the league continues. Eddie Hemmings and Mike Stephenson introduce the coverage from the latest instalment of what has been a fascinating campaign so far.
9.30
Big Fight Countdown
10.00
World Wrestling Federation: Late Night – Raw
Jim Ross, Kevin Kelly and Michael Cole report on the latest action and adventure from the flamboyant World Wrestling Federation circuit. Features include classic matches and celebrity guests.
12midnight Sky Sports Centre 12.30am Big Fight Countdown 1.00 Super League 3.00 World Wrestling Federation: Late Night – Raw 5.00 Big Fight Countdown 5.30-6.00am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style 7.30 Sky Sports Centre 7.45 Racing News 8.15 FIFA TV 8.45 Sky Sports Centre 9.00 Tight Lines 10.00 Ford Golf USA: Greater Milwaukee Open 12noon Gaelic Games 1.00pm TVR Tuscan Challenge 1.30 Watersports World 2.30 Wheelbase Club
Featuring club rallying, karting, sprints, hill climbs and drag racing.

3.30
Sports Unlimited
Spectacular footage and in-depth coverage of alternative sports from around the world.
4.30 Volleyball: National Volleyball Cup – Women's Final
Coverage from the Ponds Forge Leisure Centre where the Ashcombe Dorking team face London Malory in a nail-biting climax to the sport's premier cup competition.
6.30 Inside the Senior PGA Tour
An insight into life behind the scenes on the Senior PGA Tour.
7.00 Ford Golf USA: Ford Senior Players' Championship – LIVE
The Senior Players' Championship enters the second day with defending champion Hale Irwin and company battling to make the cut. The action comes from the TPC of Michigan.
9.00 Ford Golf USA: Greater Milwaukee Open – LIVE
The second day's play in the Greater Milwaukee Open sees the stars of the USPGA Tour shooting for a place at the top of the leaderboard and beating the dreaded cut-off point. Carlos Franco is the reigning champion.
11.00
Extreme Sailing
Daring seafarers in action.
11.30 Volleyball: National Volleyball Cup – Women's Final
From the Ponds Forge Leisure Centre.
1.30am Sky Sports Centre 2.00 Table Tennis: China Open 3.00 Ford Golf USA: Greater Milwaukee Open 5.00 Extreme Sailing 5.30-6.00am Moto Plus

SKY SPORTS 3
PREMIUM CHANNEL

12noon Trans World Sport
An eclectic mix of sports, covering everything from powerlifting and golf to football and ice hockey.
1.00pm Tight Lines
Bruno Brookes hosts the show for fishing fanatics with advice to viewers phoning in with their questions.
2.00 World Cup Classics: Holland v Bulgaria
Relive the excitement of the 1974 World Cup as Holland face Bulgaria in a highly-charged encounter from Group Three.

3.30 Gaelic Games
Action from one of the last truly amateur sporting festivals in the world.
4.30 Wild Spirits
Madcap series about aspects of sports definitely not for the faint-hearted.
5.00 Moto Plus
News and features on the very latest auto action.
5.30 Equestrian: Armathwaite Hall Horse Trials
International action from the course designed by Captain Mark Phillips.
6.30 The Winning Post: Chepstow/ Chester – LIVE
Start the weekend with an evening of horse racing action with coverage of the meetings from Chepstow and Chester.

9.00 Table Tennis: China Open
The very best of the action from the China Open with a prize total of $65,000 on offer to competitors.
10.00
Sky Sports Centre
10.30 Gillette World Sport Special
A comprehensive report on alternative sports.
11.00-12midnight Equestrian: Armathwaite Hall Horse Trials
Action from the international equestrian event.

SCI-FI
ACTION PACK

8.00am
Battlestar Galactica
9.00 Land of the Giants
10.00 Swamp Thing
10.30 Swamp Thing
11.00
The Six Million Dollar Man
12noon Babylon 5
1.00pm Amazing Stories
1.30 Amazing Stories
2.00 Battlestar Galactica
The Man with Nine Lives

3.00 Sightings
Series featuring extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.
4.00
Land of the Giants
The Bounty Hunter
The space travellers are nearly trapped by a giant bounty hunter.
5.00 Swamp Thing
Smoke and Mirrors
A heavy metal rock star is looking for a retreat.
5.30 Swamp Thing
This Old House of Mayan
6.00 The Six Million Dollar Man
The Last Kamikaze
A missing atomic warhead falls into the hands of a Japanese pilot.
7.00 Amazing Stories
Mummy, Daddy
7.30 Cybernet
A weekly look at what's new and what's hot in the world of computer games.
8.00 Quantum Leap
Justice
Sam leaps back to 1965 and right into the middle of his own Ku Klux Klan initiation ceremony.
9.00 The Hunger
Necros
9.30 The Hunger
The Face of Helen Bournouw
With Stephen McHattie.
10.00 FILM: The Clown at Midnight
Christopher Plummer, James Duval, Tatyana Ali
Horror in which a group of students encounters a murderous clown while in the process of renovating an old disused opera house. *1998*
11.40
Sci-Focus Special
12midnight
FILM: Afraid of the Dark
Psychological thriller. *1991*
1.40am Sci-Focus Special 2.00 Cybernet 2.30 100 Years of Horror
Witches
3.00-4.00am Babylon 5
Z'ha'dum

MTV
MUSIC & GAMES PACK

6.00am Select MTV 8.00 MTV Hits 9.00 Bytesize MTV 12noon MTV Hits 12.30pm Daily Edition
All the latest music news and gossip from Edith Bowman and Emma Ledden.
1.00 MTV Hits
Uninterrupted music videos featuring the latest from the MTV playlist, plus exclusives.

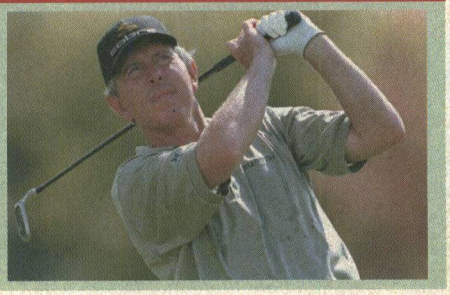
3.00 Bytesize MTV
Another constant barrage of highlights from different MTV stations around the world, delivered to you in short soundbites.
4.00 Select MTV
Video jukebox. Just call the special hotline, pick your video from the on-screen menu and MTV will do the rest.

6.00 Bytesize MTV
Another constant barrage of highlights from different MTV stations around the world, delivered to you in short soundbites.
7.00 MTV Hits
More uninterrupted music videos, featuring the latest from the MTV playlist.

9.00
Weekend Edition
The latest music news.
9.30
Celebrity Death Match
Clay figures in combat.
10.00
The Tom Green Show
More anarchic fun with the Canadian comedian.
10.30 Loveline USA
US phone-in show.
11.00 The Tom Green Show Marathon
Four more episodes of the anarchic comedy show with the Canadian star leaving no taboo unbroken in his bid to amuse, embarrass and shock.
1.00am MTV Dance Floor Chart Show
June Sarpong hits the clubs for the latest floor-fillers.
2.00-6.00am Night Videos
Music tracks to take you through the small hours.

LIVE FORD GOLF USA: SENIOR PLAYERS' CHAMPIONSHIP SKY SPORTS 2 7.00PM

The days of all hail to Hale Irwin (pictured) on the US PGA Seniors' Tour are beginning to fade as the multi-titled 55-year-old from Missouri has an increasing number of world-class rivals to contend with these days. But he still has a few tournaments to defend, including the Senior Players' Championship at the TPC in Michigan. It was a runaway win for Irwin – his third of five on the Tour in 1999 – as a final round of 65 secured a seven-shot victory over Graham Marsh. The prize money totals $2.1m.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Playmate of the Year 11.15 Compromising Situations 12midnight Freeview 12.12am Twins Behaving Badly 12.35 The Sex Clinic 1.00 FILM: Adult Feature 2.15 New Model File 2.40-4.00am FILM: The Temptation of Eve

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight Preview 12.10am Stripper of the Year 12.20 Omar Show 12.45 FILM 1.00am Freeview 1.05 FILM continues 2.00 Freeview 2.05 Adult Feature 2.30 FILM: Exile 3.00 Freeview 3.05 FILM continues 3.40-4.00am Marion

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Friday 14 July

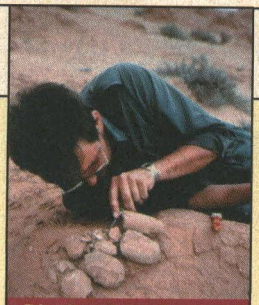
VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon Behind the Music: Milli Vanilli
Hear the story of the chart-toppers who never actually sang on their records.
1.00pm Greatest Hits: Latino
1.30 Pop-Up Video
2.00 Jukebox
Another edition of the VH1 viewers' request show.
4.00 Talk Music
Join Mark Ellen and Pip Dann for an update on the latest music news.
4.30 Greatest Hits: Latino
5.00 Ten of the Best: Angelica Bridges
The *Baywatch* beauty chooses her ten favourite music videos.
6.00 It's the Weekend with Jules and Gideon
Julia Carling and Gideon Coe present another hour of interviews, music and competitions.
7.00 Ed Sullivan's Rock'n'Roll Classics
7.30 Greatest Hits: Latino
Featuring Ricky Martin and Gloria Estefan.
8.00 The Millennium Classic Years: 1989
Take another trip down musical memory lane with the tunes and headlines that characterised 1989.
9.00 Ten of the Best: Henry Cooper
Boxer Henry Cooper pulls no punches in selecting his ten favourite hits.
10.00 Behind the Music: 1999
Take a look back at the trends and talents that gave the year of 1999 its musical significance.
11.00 Storytellers: David Bowie
The Thin White Duke performs and shares the stories behind some of his greatest hits.
12midnight The Friday Rock Show
Tommy Vance presents his rock and metal TV show featuring music news and reviews.
2.00am Anorak 'n' Roll
More music trivia.
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Florida Keys
1.00 Zoo Chronicles
1.30 Zoo Chronicles
2.00 Pet Rescue
More RSPCA rescue cases observed.
2.30 Kratt's Creatures
Wild Ponies and Domestic Horses
3.00 Woof! It's a Dog's Life
3.30 Woof! It's a Dog's Life
Joel Silverman advises on turning dogs into film stars.
4.00 Animal Planet Unleashed
Some falcons pay a visit to Mudchute Farm.
4.30 Croc Files
With Steve and Terri Irwin.
5.00 Pet Rescue
More RSPCA rescue cases observed.
5.30 Going Wild with Jeff Corwin
Colorado
6.00 The Aquanauts
Explore the wrecks of a Canadian warship and an Australian destroyer.
6.30 Croc Files
With Steve and Terri Irwin.
7.00 Survivors
Wolf
Hear how the grey wolf has begun reconquering its ancient hunting grounds in the Rocky Mountains.
8.00 Animal Detectives
Walrus
8.30 Animal Detectives
Monkeys
9.00 Crocodile Hunter
America's Deadliest Snakes
Steve and Terri Irwin travel to the US in search of some venomous snake species.
10.00 The Whole Story
Crocodiles
NEW A close look at one of the planet's most fearsome creatures.
11.00 Emergency Vets
An ageing dog fails to respond to treatment.
11.30-12midnight Emergency Vets
A dog has infected ears.

CABLE CHECK
Some of the channels listed may not be available in your area



Digging deep 'In Search of the Dragon'. National Geographic Channel 10.00pm

ITV2
ACCESS PACK

4.00pm Trisha
Another double bill of heartwarming and hair-raising true stories shared by Trisha Goddard and a studio audience.
6.00 The Extremists
6.30 Touch Football
7.00 Amazing Games
7.30 ISKA Karate
8.00 Sunset Beach
Annie flees from the authorities after they discover incriminating evidence in her home.
8.50 Chart Choice
9.00 Grafters
Drama series focusing on two brothers. When Laura befriends a homeless girl, Trevor is the object of both women's attentions. Text
10.00 Coronation Street
Catch up with tonight's episode from ITV. Text
10.30 Emmerdale
11.00 The Jerry Springer Show
Lively US talk show in which Jerry and his guests debate relationship issues.
11.50 The Late Show with David Letterman
Chat show with host and humorist David Letterman, plus celebrity guests.
12.40am Freaky Stories
Ghoulish animation.
12.50 The Extremists
1.20 Touch Football
1.50-2.20am Emmerdale

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Our House 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 How Does Your Wallpaper Hang? 12noon Good Living 12.30pm Style Challenge 1.00 Fresh Food 1.30 Ready, Steady, Cook 2.00 Charlie's Garden Army 2.30 Home Front in the Garden
3.00 Learn to Garden with Stefan Buczacki
Lessons in fundamental gardening skills.
3.30 Gardeners' World
4.00 Stefan's Garden Roadshow
Stefan Buczacki deals with more horticultural problems.
4.30 Good Living
Presented by Jane Asher.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms Down Under
With Suzie Wilks.
6.00 Antiques Roadshow
Isle of Wight
More members of the public bring in their antiques for evaluation.
7.00 Real Rooms
Bath Bedroom
7.30 Change That
Mark Curry takes the interior design roadshow around the country.
8.00 Style Challenge
Fashion experts perform more dream makeovers.
8.30 Antiques Treasure Trail
Advice on buying antiques.
9.00 Ground Force
Yate, Bristol
9.30 Dream House
Carol Vorderman takes up the challenge of building a high-tech house.
10.00 Changing Rooms
Interior design challenge presented by Carol Smillie.
10.30 House Invaders
Rusholme
11.00 BBC Gardener of the Year
South West
With Alan Titchmarsh.
11.30 Garden Stories
Partnership
12midnight Garden Magic
Toby Buckland and Lisa Davis offer instant solutions to gardening dilemmas.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki gives more help and advice on various horticultural problems.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Designer Babies 7.50 Scorpion 8.20 Rolf's Amazing World of Animals 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.15 Great Railway Journeys 11.15 Mosquito Text 12.15pm Rolf's Amazing World of Animals 12.45 City Hospital 1.45 Mysteries with Carol Vorderman Text 2.15 Doctors at Large 2.45 Designer Babies
An inquiry into the prospect of human cloning and its possible effects upon society during the next millennium.
3.45 Vets to the Rescue
Today's cases include a horse with a foot condition.
4.20 Vets in Practice
Full Speed Ahead
Joe and Emma enjoy their stag and hen weekends.
4.50 Animal Hospital
Rolf Harris observes more RSPCA cases.
5.20 Back to the Floor
Home Truths Text
5.55 City Hospital
Gaby Roslin and her team deliver another report on the triumphs and trials of patients and staff at Southampton General.
6.55 Learners
Carmella's husband takes her out for driving practice.
7.25 Disaster
Dangerous Waters
Hear how a ship was hit by a force 12 gale.
8.00 Vets in Practice
Full Speed Ahead
Joe and Emma enjoy their stag and hen weekends.
8.30 Back to the Floor
Home Truths Text
9.00 Paddington Green
Jason Osbourne has trouble at home.
9.35 Soldiers to Be
The Kosovan crisis means the recruits face warfare.
10.05 Soldiers to Be
Pass Off Day
10.40 Trouble at the Top
The Receivers Are Coming
A receiver looks for a buyer for a frozen food company.
11.30 Living with the Enemy Text
12midnight-1.00am Mars: Death or Glory? Text

UK PLAY:
1.00am The Joy of Decks
2.15 Uncut Funk
3.00 Mark and Lard
Pop Upstairs Downstairs
3.30 Bod
3.45-7.00am The Joy of Decks

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow – Cooked in a Flash 9.30 Ideal Home Cooks 10.00 Caribbean Kitchen 10.30 Simply Baking 11.00 A Slice of the Action 11.30 Newman Meets 12noon Scotland's Larder 12.30pm Peter Gordon's Pacific Food 1.00 Kitchen College 1.30 Perfect Pasta with Aldo Zilli 2.00 Network Daily 2.45 Quick Cooks
3.00 Jenny Bristow – Cooked in a Flash
Recipes for healthy meals.
3.30 Tessa's Tastebuds
Peppers
4.00 Simply Baking
Puff Pastry
4.30 Ideal Home Cooks
With Nanette Newman.
5.00 Superchefs
Aldo Zilli v Atul Kochhar
5.30 Scotland's Larder
6.00 Coxon's Kitchen College
6.30-7.00pm Peter Gordon's Pacific Food

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Beauty and the Beast
A look at how our notions about animals have been shaped by the media, fashion and cartoons.
8.00 Mysteries of the Nile
Discover the amazing hidden tombs built by the Egyptian Pharaohs along the upper Nile.
9.00 Egypt: Quest for Eternity
Find out how some major archaeological projects are uncovering the legacy of the pharaohs.
10.00 In Search of the Dragon
Get up to date with new research into the evolution and dispersal of the dinosaurs.
11.00 Brother Wolf
Documentary which calls for a reconciliation between humans and those widely-feared creatures, wolves.
12midnight-1.00am The Crystal Ocean
Learn how the wildlife of Antarctica copes with the mighty chill which, every year, turns the surface of the seas to solid ice for six months.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
Presented by Keith Chegwin.
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
Hidden camera pranks.
7.30 Winner Takes All
With Bobby Davro.
8.00 Gladiators
Physical challenge show.
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
South Shields
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Grassroots 7.00 The Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 These Four Walls 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Grassroots 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country 11.10 Space Invaders 11.40 Home Savvy 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 New Yankee Workshop 1.45 Home Again with Bob Vila 2.15 How to with B & Q 2.20 The House Doctor 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Chilli Factor 10.30 Mountain Bikes 11.00 That Film Show 11.30 Adrenalize 12noon World Wind Surf 12.30pm Byte Me 1.00 Trainspotters 99 2.00 High Adrenalin Action 2.30 Ibiza 2000 3.00 Chilli Factor 3.30 Adrenalize 4.00 Surf Film 5.00 That Film Show 5.30-6.00pm Adrenalize

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
6.30 What's On TV
***London area: Blue Tomorrow**
Chelsea FC fanzine.
***Derby area: Vision Rams**
Derby County FC fanzine.
7.00 LLTV – Local Life
7.30 YCTV
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life
* Repeated Saturday 9.30am

Friday 14 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

NICKELODEON
FAMILY PACK

7.00am Rugrats 7.30 Kenan and Kel 8.00 Sabrina the Teenage Witch 8.30 Hey Arnold! 9.00 Arthur 9.30 Fraggle Rock 10.00 The Magic School Bus 10.30 Bananas in Pyjamas 11.00 Babar 11.30 Arthur
12noon Thomas the Tank Engine
12.30pm Blue's Clues
1.00 Rugrats
1.30 Noah's Island
2.00 Babar
2.30 Mona the Vampire

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 12noon News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00 News 5.30-6.00am Talking Movies

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Juke Box 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Rajni 12.30pm Baaje Payal 1.00 Swabimaan 1.30 FILM 4.00 Jaldi Jaldi 4.30 Juke Box 5.00 Agar 6.00 Tiger 6.30 Asianet Legal Live 7.15 Swabimaan 7.40 News 8.00 Aarzoo 8.30 Dard 9.00 FILM 11.30 News 12midnight MTV Fresh 12.30am Videocon Flashback 1.00 FILM 4.00 Music Box 4.30 Dard 5.00 MTV 123 6.00 Jaldi Jaldi 6.30 DD Programme 7.00-7.30am DD Programme

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Pinnacle 1.15 Asian Edition 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Europe 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 WorldView 11.30 Moneyline 12.30am Showbiz 1.00 Americas 1.30 Europe 2.00 Larry King 4.30-5.00am American Edition

ZEE TV
ADD-ON CHANNEL

6.00am Aahaa 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith Islam 7.30 Daily News 7.50 Tips Tops 8.00 Pakistan News Link 8.30 Tara 9.00 Do Aur Do Paanch 9.30 Raahein 10.00 Deewangi 11.00 Zaike Ka Safar 11.30 Making of a Legend 12noon FILM 3.00pm Iffat's Fashion Magazine 3.30 Chalo Cinema 4.00 Raahat 4.30 Aashiqui 5.00 Choti Choti Baatein 5.30 Amanat 6.00 Hip Hip Hurray 6.30 Professor Pyarelal 7.00 Net Asia Up Beat 7.30 Entertainment Express 8.00 News Bulletin 8.30 Muskan 9.00 Alvida Darling 9.30 Mehendi Tere Naam Ki 10.00 Thriller At 10 10.30 The X Zone 11.30 Kasak 12midnight Punjabi News 12.15am News Bulletin 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Commander 5.30-6.00am Flu

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 Answer the Question 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report Business reports ranging from financial markets to personal finance. 3.30 Answer the Question 4.30 Week In Review 5.30-6.00am CBS Evening News

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am 700 Club 5.30 Gospel Truth – Andrew Wommack 6.00 Good News 7.00 Changing Your World 7.30 Believers' Voice of Victory 8.00 This Is Your Day 8.10 Behind the Screens 8.40 Thought for the Day 9.00 Life in the Word 9.30 Messenger 10.00 Winning Ways 10.30-11.00am CMTV

DISCOVERY
WORLD PACK

3.00 PM

4.00 PM **4.00pm Rex Hunt Fishing Adventures** Fishing adventures. **4.30 Discovery Today** A look ahead to the coming week's highlights.

5.00 PM **5.00 Disappearing World** Archive footage of remote tribes, featuring Indonesia's Sakkudei people and Iran's Quaderi Dervishes.

6.00 PM **6.00 Hunters** *Eye of the Serpent* Discover some of the most beautiful and lethal creatures on the planet, including deadly snakes.

7.00 PM **7.00 Wonders of Weather** *Deserts* **7.30 Discovery Today** A look ahead to the coming week's highlights.

8.00 PM **8.00 The Barefoot Bushman** *Bushtucker* Documentary following Rob Bredl's two week survival in the bush.

9.00 PM **9.00 Extreme Contact** *Alligator Encounters* **9.30 O'Shea's Big Adventure** *Ox Killer*

10.00 PM **10.00 What a Blast – Demolition Artist** Documentary exploring the science, techniques and insight that professional demolition experts use.

11.00 PM **11.00 Wings of Tomorrow** *Eyes in the Sky* The future of aerial reconnaissance is taking flight, without a pilot.

12.00 NIGHT TIME **12midnight Time Team** *Launceston* The team discovers a well-preserved female skeleton. **1.00am Great Escapes** *Seaside Terror* A look at the Grand Hotel bombing in Brighton. **1.30-2.00am Discovery Today**

3.00 **Fat Dog Mendoza** 3.30 **Dexter's Laboratory** Chemical chaos with the bedroom professor. **4.00 The Powerpuff Girls** Trouble in Townsville calls out the three heroines. **4.30 Angela Anaconda** **5.00 Dragonball Z** Cult Japanese animation. **5.30 Johnny Bravo** The bequiffed egomaniac returns for more preening and posturing. **6.00 Tom and Jerry** Comic antics with the sparring cat and mouse. **6.30 The Flintstones** Join the prehistoric men behaving badly in Bedrock. **7.30 Looney Tunes** Classic cartoons. **8.00 Angela Anaconda** **8.30-9.00pm Courage the Cowardly Dog**

3.00 **The Wild Thornberrys** 3.30 **Rugrats** Fun with the tousle-headed nippers with the over-fertile imaginations. **4.00 Hey Arnold!** Adventures with the kid with the coolest quiff. **4.30 Two of a Kind** Another bout of fun and frolics with the twins. **5.00 Sabrina the Teenage Witch** **5.30 Kenan and Kel** The adventures of two funky friends. **6.00 Sister Sister** **6.30-7.00pm Are You Afraid of the Dark?**

3.00 **Diabolik** Fun with the cool cat. 3.25 **Woody Woodpecker** 3.35 **Sailor Moon** Cult Japanese cartoon. **4.00 Power Rangers Lost Galaxy** **4.30 The New Addams Family** **4.50 Mad Jack the Pirate** **5.00 Monster Rancher** **5.20 Biker Mice from Mars** **5.50 The Secret Files of the Spy Dogs** **6.00 Oggy and the Cockroaches** **6.20 Casper** **6.30-7.00pm Goosebumps**

TCM
FAMILY PACK

9.00pm FILM: An American in Paris *Gene Kelly, Leslie Caron, Oscar Levant* Musical romance, recycling some Gershwin classics, set in picturesque Paris about a starving painter living in an artist's colony who attracts the eye of a wealthy lady who becomes his patroness. *1951*

11.10-1.00am FILM: The Shop Around the Corner *James Stewart* Romantic comedy. *1940*

CARTOON NETWORK: 1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire **7.30 Caroline in the City** **8.00 Ellen** *Oh Sweet Rapture* **8.30 Just Shoot Me** *My Dinner with Woody* Maya's fantasy piece about Woody Allen is a hit. **9.00 Married... With Children** *But I Didn't Shoot the Deputy* **9.30 Cybill** *Hallowe'en* **10.00 FILM: Airplane!** *Leslie Nielson, Robert Hayes, Julie Haggerty* Classic spoof airport disaster movie. When the crew and passengers of a jumbo jet are hit by food poisoning, their fate depends on an ex-war pilot. *1980* **11.40 Cheers** 12.10am Cheers 12.40 NewsRadio 1.10 Duckman 1.40 Rex the Runt 2.00 DiResta 2.30 Encore Encore! 3.00 It's Garry Shandling's Show 3.30-4.00am Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection 7.00 Holiday Shop! 7.30 Collectors' Shop! 8.00 Clothes Shop! 9.00 Kids Shop! 9.30 Sports Shop! 10.00 Home Shop! 11.00 Kitchen Shop! 12noon Shop! Outlet 12.30pm Shop! Selection 1.30 Shop! Special 2.00 Home Shop! 2.30 Clothes Shop! 3.30 Jewellery Shop! 4.30 Entertainment Shop! 5.30 Shop! Preview 6.00 Shop! Selection 7.00-7.30pm Jewellery Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows. Saturdays: The best of the week and children's programming. Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart*.

INTERNATIONAL

TV5 5.00am Journal Télévisé 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal Télévisé 7.30 Défilé 11.00 Infos 11.05 100% Questions 11.30 Journal Télévisé 12noon Infos 12.05pm Autour du Tour 1.00 Journal Télévisé 1.15 Fort en Tête 2.15 C'est Mon Choix 3.00 Journal Télévisé 3.15 Questions 3.30 Les Carnets du Bourlingueur 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal Télévisé 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal Télévisé 7.30 Journal Télévisé et Le Journal du Temps 8.00 Infos 8.05 Diva 9.00 Journal 9.15 Cinema: Parlez-Moi D'Amour 11.00 Journal du Tour 11.30 Infos 11.35-12midnight Journal Télévisé

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.30 Wall Street Report 3.00 Tokyo Live 3.30 Wall Street Report 5.05-6.00am US Market Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.00 Westminster Hall 12.30pm Select Committees 3.00 House of Lords 11.00 The Record 11.30-12midnight The Point

THE HISTORY CHANNEL
WORLD PACK

12noon **The First Americans** 12.55pm **Photos for the Future II** 1.00 **Titanic** *Deep Sorrow* 2.00 **Biography** *Joan of Arc* 3.00 **Spies** *The Ultra Spies* 3.30 **Victory at Sea** *Design for Peace* 4.00 **Pacific Battle Group** 5.00 **Royal Warships**

6.00 **On This Day** *Bastille – Dr Guillotin and his Execution Machine* 6.55 **Photos for the Future II** 7.00 **Maritime Month** 8.00 **Biography** *Napolean Bonaparte* 9.00 **Great Crimes and Trials** *Dan White* 9.30-10.00pm **Great Crimes and Trials** *Gary Gilmore* Profile of a notorious killer.

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Kirks Folly Fashion Jewellery at 6.00pm.

Week 3

Saturday 15th July-Friday 21st July

Mummy dearest

To aficionados of classic horror cinema, Universal is synonymous with three landmark monster movies of the Thirties – *Dracula*, *Frankenstein* and *The Mummy*. So it seemed appropriate that the recent overhaul of Karl Freund's 1932 *The Mummy* (the least celebrated of that trinity of vintage fright films, starring Boris Karloff) proudly displayed the studio's famous revolving globe logo. But while director Stephen Sommers's slick, special effects-laden remake honours the basic premise of the original, it couldn't be more different in tone, trading the earlier film's brooding camerawork and darkly sombre atmospherics for the exuberant thrills and spills of a *Boys' Own* adventure. Indeed, it owes as much to Steven Spielberg's *Indiana Jones* movies as it does to Freund's mournfully poetic mood piece. In 1926, Cairo-based British librarian Evelyn (Rachel Weisz) and her roguish brother Jonathan (John Hannah) engage the services of adventurer Rick (Brendan Fraser) to take them to the lost city of Hamunaptra, which Rick had once happened upon and which is fabled to have incredible riches buried there. But there's trouble in store, as a group of American fortune hunters are also on an expedition to the city, and their recklessness leads to the unleashing of the awesome, vengeful Mummy. It's all irresistibly silly, and the emphasis is on delivering old-fashioned, family-oriented escapism rather than shocks. *Front Row, see listings for details*

'Shut it, you're nicked!'

The British police series came of age in 1962 with the ground-breaking *Z Cars*, whose defiantly unsentimental storylines shocked audiences accustomed to the cosy domesticity of *Dixon of Dock Green*. But it was *The Sweeney*, a Seventies series of uncompromising grit, centring on the investigations of the Flying Squad, that pushed the genre into altogether tougher territory. With its confrontational violence, action-packed storylines and attention to authentic detail, *The Sweeney* was bare-knuckle television at its most brutal. The series, which began in 1975 and ran for three years, was adapted from a 1974 TV movie called *Regan*. John Thaw (below with Dennis Waterman), who played the no-nonsense Detective Inspector Jack Regan, is now embedded in the public consciousness as the quintessential hard copper, as are the show's streetwise catchphrases such as 'You're nicked!' You can reacquaint yourself with the series this weekend as Granada Plus shows two classic episodes, *Latin Lady* and *Sunday's Victims*, as part of its Double Impact Weekend, celebrating the great crime show partnerships of the small screen.
Double Impact Weekend, Granada Plus, from Saturday 15th 6.00pm

The fight club

It's seconds out on Sky Box Office this Saturday as Lennox Lewis takes on South African Frans Botha for the IBO, IBF and WBC titles at the London Arena. Outside the ring, Lewis comes across as the sport's Mr Nice Guy, but once he dons his gloves, he proves himself a fighter of incredible focus and awesome punch.
Sky Box Office, Saturday 15th, from 8.00pm – LIVE. For more details and how to order please call 0500 60 10 55

Saturday 15 July

SKY PREMIER
PREMIUM CHANNEL

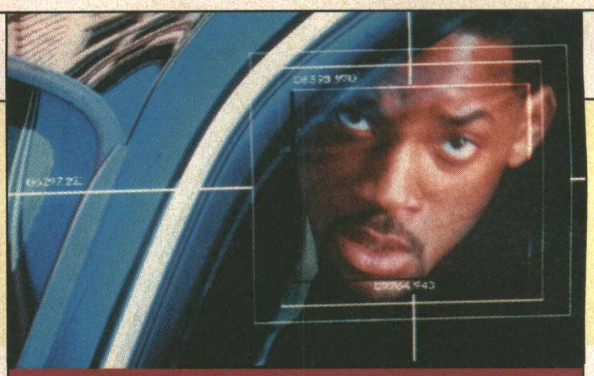
6.00am Driving Me Crazy
1991, rating Sky PG, 103 mins
8.00 Blackbeard's Ghost
1967, rating Sky U, 103 mins
10.00 Six Days, Seven Nights
Romantic adventure. Text *1998, rating Sky PG, DS, 97 mins*
12noon Air Bud: Golden Receiver
Kevin Zegers, Cynthia Stevenson
Family comedy. *1998, rating Sky U, DS, 86 mins*
2.00pm Driving Me Crazy
Ed O'Neill, Ethan Randall, JoBeth Williams, Christopher McDonald
Comedy in which a young private schoolboy and his mother's vulgar blue-collar boyfriend are thrown together on a long drive home. *1991, rating Sky PG, 103 mins*
4.00
Six Days, Seven Nights
Harrison Ford, Anne Heche, David Schwimmer
Romantic adventure about a hard-boiled New York magazine editor who finds herself stranded on a desert island with a handsome, hard-nosed alcoholic pilot when their plane crash-lands. Text *1998, rating Sky PG, DS, 97 mins*
6.00
Air Bud: Golden Receiver
Kevin Zegers, Cynthia Stevenson, Gregory Harrison
Family sequel about a young boy and his amazingly talented dog who together turn their skills from basketball to football. *1998, rating Sky U, DS, 86 mins*
7.30 Preview Show
Take a sneak peek at what's coming up with Clare Grogan.
8.00 Enemy of the State
Will Smith, Gene Hackman, Jon Voight, Lisa Bonet
PREMIERE Action thriller in which a lawyer becomes involved in a political scandal. When he accidently receives some critical evidence as to the assassination of a congressman, he finds himself the target of a politician and hunted by national security. Text *1998, rating Sky 15, DS, 127 mins*
10.15 Lock, Stock and Two Smoking Barrels
Jason Flemyng, Dexter Fletcher, Nick Moran, Jason Statham
Stylish drama, set in the gritty East End of London, about four trendy young men who turn villain and resolve to steal enough money to clear their debt to a local gangster. Text *1998, rating Sky 18, 103 mins*
12.05am Enemy of the State
Will Smith, Gene Hackman
Action Thriller. Text *1998, rating Sky 15, DS, 127 mins*
2.20 Les Miserables
Liam Neeson, Geoffrey Rush
1998, rating Sky 12, DS, 128 mins
4.35-6.00am Shiloh
Michael Moriarty, Scott Wilson
1997, rating Sky U, 87 mins

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am Daddy's Little Angel
1998, rating Sky PG, 86 mins
8.00
Nightmare in Big Sky Country
Text *1998, rating Sky PG, 86 mins*
10.00 Columbo: Ashes to Ashes
1998, rating Sky PG, 86 mins
12noon
The Price of a Broken Heart
1999, rating Sky PG, 87 mins
2.00pm
Nightmare in Big Sky Country
Patricia Wettig, Matt McCoy, M Emmet Walsh, Hal Kerbes
Fact-based drama about a single mother who fights to protect herself and her children from a vicious member of a local militia group. Text *1998, rating Sky PG, 86 mins*
4.00
Columbo: Ashes to Ashes
Peter Falk, Patrick McGoohan, Rue McClanahan
Drama about an ungainly and eccentric detective who must use his inimitable skills to prove that a flamboyant Hollywood gossip reporter was murdered by her former lover – a smooth-talking funeral director. *1998, rating Sky PG, 86 mins*
6.00 Masterminds
Vincent Kartheiser, Patrick Stewart, Brenda Fricker
Action adventure in which a new security officer at an exclusive school concocts a plan to kidnap ten of the wealthiest children in the school for massive ransoms. His goons take over the school grounds and everything goes according to plan – almost. Text *1997, rating Sky PG, 101 mins*
8.00 Storm
Luke Perry, Martin Sheen, Robert Knott, David Moses
Action thriller about a meteorologist who must save LA from a destructive hurricane – the result of a government experiment gone terribly wrong. *1999, rating Sky 12, 86 mins*
9.30 Deep Rising
Treat Williams, Famke Janssen, Anthony Heald, Kevin J O'Connor
Action thriller in which a gang of thieves board an ocean liner intent on robbery. However, they find that someone, or something, has beaten them to it and whatever it was that killed all the passengers is still on board. Text *1998, rating Sky 15, 102 mins*
11.20 Mortal Kombat – Annihilation
Robin Shou, Talisa Soto
Kung-fu action. Text *1997, rating Sky 15, 91 mins*
12.55am Miracle Mile
Anthony Edwards, John Agar
1989, rating Sky 15, 84 mins
2.25 Star Maps
Douglas Spain, Efrain Figueroa
1997, rating Sky 18, 85 mins
3.55-5.45am River's Edge
Crispin Glover, Keanu Reeves
1987, rating Sky 18, 95 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am
Francis in the Haunted House
Mickey Rooney, Virginia Welles
Comedy about a talking mule. *1956, rating Sky U, 76 mins*
12.30pm Francis in the Navy
Donald O'Connor, Martha Heyer
Comedy about a talking mule who joins the United States Navy. *1955, rating Sky U, 77 mins*
2.00 The Pirates of Blood River
Christopher Lee, Andrew Keir, Kerwin Mathews, Glenn Corbett
Action adventure about pirates on their hunt for treasure. *1962, rating Sky PG, 81 mins*
3.40
The Audrey Hepburn Story
Jennifer Love Hewitt, Frances Fisher, Eric McCormack
Lavish portrait of the life of one of the world's greatest actresses, spanning from Brussels in the 1930s to New York in the 1960s, depicting how she grew up during World War II and later became a stage and screen goddess. *1999, rating Sky PG, 129 mins*
5.55 Chariots of Fire
Ben Cross, Ian Charleson, Nigel Havers, Nick Farrell, Alice Krige
Oscar-winning, true-life drama following the fortunes of two very different Cambridge undergraduates: a Scottish Presbyterian and a young Jewish man, as they work their way from humble beginnings to the pinnacle of their sporting careers at the 1924 Olympics. Text *1981, rating Sky U, 118 mins*
8.00 The Public Eye
Joe Pesci, Barbara Hershey, Stanley Tucci, Jerry Adler
Moody romantic drama set in New York in 1942 about a lonely tabloid photographer whose eye for the sleazier side of life leads him to a down-town nightclub where he hopes to find inspiration, an attractive owner and her problems with the mob. *1992, rating Sky 15, DS, 94 mins*
10.00 Shining Through
Michael Douglas, Melanie Griffith, Liam Neeson
Drama about a half-Jewish secretary working in New York in 1940. Intrigued by the mysterious behaviour of her boss, she eventually discovers that he is a spy for the American Military Intelligence and finds herself rescuing her Jewish relatives from the Nazis. *1991, rating Sky 15, DS, 127 mins*
12.15am The Night Walker
Barbara Stanwyck, Robert Taylor
1964, rating Sky 15, 82 mins
1.45 The Public Eye
Joe Pesci, Barbara Hershey
1992, rating Sky 15, DS, 94 mins
3.25-5.45am Shining Through
Michael Douglas, Liam Neeson
1991, rating Sky 15, DS, 127 mins



Will Smith's paranoia is well-founded in the premiere of the thriller 'Enemy of the State'. Sky Premier 8.00pm

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

FILMFOUR
ADD-ON CHANNEL

6.00pm The Seventh Voyage of Sinbad
Kerwin Mathews, Kathryn Grant, Richard Eyer, Torin Thatcher
When the sailor's bride-to-be is shrunk by an evil magician, he has no choice but to head for the island of Colossa and overcome many adversaries in search of the magical objects that will restore his fiancée to normal size. Text *1958, 85 mins*
8.00 Ghostbusters
Bill Murray, Dan Aykroyd, Harold Ramis, Sigourney Weaver
Supernatural comedy about three unemployed, odd-ball professors who set up a ghost removal agency to rid New York of spooks. But they need all their skills and luck when they face an arch-demon who's creating a gateway to an evil dimension. *1984, 101 mins*
10.00 Blue Steel
Jamie Lee Curtis, Ron Silver, Clancy Brown, Elizabeth Peña
Thriller about a New York cop, suspended for killing an unarmed suspect. She finds herself being courted by a smooth Wall Street broker, little realising he is using the murder weapon to kill randomly, implicating her in the process. *1990, 97 mins*
11.45 Way of the Dragon
Bruce Lee, Chuck Norris
Kung fu action. *1972, 90 mins*
1.25am
Once Upon a Time in China II
Jet Li, David Chiang, Yan Yee Kwan
Kung fu action. *1992, 120 mins*
3.25-5.50am Journey to the Centre of the Earth
James Mason, Pat Boone
Sci-fi adventure. *1959, 130 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Silent Movie
Mel Brooks, Marty Feldman, Dom DeLuise, Bernadette Peters
Spoof silent comedy. An alcoholic film producer at a financially troubled studio is persuaded by his friends to make a silent movie. With the creditors on their back, they try to make the film more marketable by inviting famous stars to take part. *1976, 86 mins*
9.00 Clockwise
John Cleese, Alison Steadman, Penelope Wilton, Stephen Moore
Comedy about a headmaster's disastrous journey to an important presentation. He comes up against a never-ending series of misfortunes that conspire to hamper his progress at every turn. *1985, 96 mins*
11.00 Tango
Miguel Angel Sola, Cecilia Narova, Mia Maestro
Passionate docu-drama from the dance floors of Buenos Aires. *1998, 120 mins*
1.00am Loose Cannons
Gene Hackman, Dan Aykroyd, Dom DeLuise, Ronny Cox, Nancy Travis
Cop comedy. Text *1990, 94 mins*
3.00 Clockwise
John Cleese, Alison Steadman
Comedy. *1985, 96 mins*
5.00-6.40am Crime of Passion
Barbara Stanwyck, Sterling Hayden
Crime drama. *1957, 86 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

I'LL BE HOME FOR CHRISTMAS
Rating PG, 83 mins
Comedy. A teenager has to race from California to New York to gain the Porsche his father promised him if he gets home for Christmas. Stars Jonathan Taylor Thomas and Jessica Biel.
T/C: Christmas comedy, families. BL: Occasional, mild. S/N: Infrequent, mild references. V: None.
6.20am, 8.00am, 9.40am, 11.20am, 1.00pm, 2.40pm, 4.20pm

Channel 51 Evening

IN DREAMS
Rating 18, 96 mins
Thriller. An artist seems to have a mental link with a madman and is haunted by the dreams of impending victims. Eventually she takes a frightening course of action. Stars Annette Bening and Aidan Quinn
T/C: Psychic thriller. BL: Frequent, strong. S/N: Infrequent, mild. V: Frequent, strong horror.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

JACKIE CHAN'S WHO AM I?
Rating 12, 104 mins
Action comedy. A secret agent is left behind in Africa suffering from amnesia when a mission goes wrong and he seeks the help of a local tribe in an attempt to regain his identity. Stars Jackie Chan and Ron Smerczak.
T/C: Action comedy, conspiracy. BL: Infrequent, mild. S/N: None. V: Occasional, moderate.
6.30pm, 8.30pm, 10.30pm, 12.30am, 2.30am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple attempt to recover from the effects of a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Earthworm Jim 6.30 Grimmy 7.00 Tintin 7.30 Rescue Heroes 8.00 Mega Babies 8.30 Pokémon 9.00 The Simpsons Text 9.30 Mummies Alive 10.00 Roswell Conspiracies 10.30 Starship Troopers 11.00 World Wrestling Federation – Smackdown 1.00pm World Wrestling Federation – Livewire 2.00 AXN Text 2.30 Storm Warning Text

3.00 Pacific Blue
Heat of the Moment
Police drama series set in Los Angeles. Chris doubts her skills as a police officer. With Darlene Vogel. Text

4.00 Star Trek: Deep Space Nine
The Ship
Science fiction drama series. Sisko battles for control of a crashed Jem'Hadar warship. Text

5.00 Britney in Hawaii
Teenage pop star Britney Spears performs in a one-hour concert in Hawaii, singing songs from her hit albums *...Baby One More Time* and *Oops!... I Did It Again.*

6.00 Pokémon
The Path to the Pokémon League

6.30 The Simpsons
Homer's Phobia
Homer's new friend is gay. Text

7.00 Futurama
The Problem with Popplers

7.30 The Simpsons
Hurricane Neddy
A hurricane triggers a crisis of faith for Ned Flanders. Text

8.00 Futurama
Put Your Head on My Shoulders
Valentine's Day turns into a nightmare for Fry. Text

8.30 Suddenly Susan
Ready... Aim... Fong Text

9.00 Xena: Warrior Princess
Surrounded by enemies, barbaric tribes, slave traders and a host of other evils, the warrior princess battles tyranny and injustice.

10.00 Cops
Albuquerque Text

11.30 Cops
Seattle/Tacoma
Officers help a couple to search for their teenage daughter. Text

11.00 Hot Summer Downunder 2
Documentary looking at life in the Antipodes. At Christmas, a group of young Brits set out to teach the locals how to party. Text

12midnight Showbiz Weekly
Tania Bryer presents Sky's guide to the global showbiz merry-go-round.

12.30am Tekwar
Zero Tolerance
A vigilante determined to rid the world of Tek users tries to recruit Jake into a deadly scheme. Text

1.30 Manhunter
2.30-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Birds of a Feather Text 6.30 Bread Text 7.05 Angels 7.35 Neighbours Omnibus 9.30 Dynasty Omnibus 12.10pm EastEnders Omnibus
Ricky makes Alan an offer, Ian stirs up trouble and Ruth makes an appearance in the Square. Meanwhile, Phil has a change of heart regarding his efforts to patch things up with Kathy and Nigel's finances continue to dwindle.

3.05 The Bill Omnibus
A schizophrenic is suspected of strangling a housewife, while Beech looks into the mysterious death of a baby. A break-in at a chemist's and a violent stabbing give Loxton and Keane some insights into night life in a Sun Hill park and a married man discovers that meeting a girl from a lonely hearts ad has unexpected results when Grieg and Croft investigate a burglary.

5.30 Keeping Up Appearances
Hyacinth decides to try and capitalise on her experience as the perfect hostess.

6.10 FILM: Carry On Behind
Kenneth Williams, Elke Sommer, Kenneth Connor, Joan Sims
Saucy comedy about a pompous archaeologist and his glamorous Russian colleague. The duo discover the site of their historic dig swarming with holidaymaking caravan enthusiasts who continually interrupt their excavations. *1975*

8.00 The Two Ronnies
Tune in for another 60 minutes of vintage bifocal comedy sketches and songs courtesy of the ever-popular duo Barker and Corbett.

9.00 Carrott's Commercial Breakdown IV
Jasper Carrott looks at more weird and wonderful TV ads, which include dancing nuns, flying pigs and male centrefolds.

10.05 Alan Davies: Urban Trauma
The comedian takes a quizzical look at modern life in this performance from the Duchess Theatre, Covent Garden.

11.10 The Ben Elton Show
Comedy with Ben Elton, Ronnie Corbett and Australian comedy team Roy and HG.

11.50 UK Gold Comedy Special with Steve McGrew
12.55am UK Gold Comedy Special with Sean Meo 1.30 Whatever Happened to the Likely Lads? 2.10 Whatever Happened to the Likely Lads? 2.50 Keeping Up Appearances 3.25 Carrott's Commercial Breakdown IV 4.20-6.00am FILM: Carry On Behind *1975*

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Forgive or Forget 9.50 Relationship SOS 10.25 Home and Away Omnibus

12.30pm FILM: The Jazz Singer
Neil Diamond, Laurence Olivier
Musical drama. The son of a Jewish cantor defies his father to pursue his dream of pop stardom. *1980*

2.20 FILM: A Message from Holly
Lindsay Wagner, Shelley Long
Emotional drama focusing on the relationship between two female friends. One is a workaholic executive, while the other, an artist suffering from terminal cancer, is concerned about the future of her young daughter. *1992*

4.10 Special Babies
Documentary series on babies born with special needs.

4.40 Maury Povich
A double helping of the talk show dealing with emotional conflicts, hosted by veteran broadcast journalist Maury Povich.

6.20 Chat's Moral Dilemmas
Julia Bradbury hosts the talk show which offers advice to people who are in a dilemma.

7.10 Forgive or Forget
Host Mother Love tries to resolve guests' relationship problems by giving them the opportunity to forgive each other.

8.00 Judge Judy
Double bill of the show in which outspoken New York City family court judge Judy Sheindlin presides over a series of real-life cases and conflicts.

9.00 Profiler
Suspense thriller series about a brilliant forensic psychologist who has an uncommon gift for understanding the criminal mind. With Ally Walker.

10.00 Jerry Springer
A double bill of the outrageous US talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about a variety of relationship issues.

11.45-12midnight Sex Bites
Raunchy late-night fun with Katrina Buchanan.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am On the Buses 6.30 On the Buses 7.00 Plus on Plus 7.30 Mind Your Language 8.00 Bowler 8.30 Supersonic 9.00 Mission: Impossible 10.00 Charlie's Angels 11.00 Terry and June 12noon Please Sir 12.30pm Plus on Plus 1.00 On the Buses 1.30 On the Buses 2.00 Poirot

3.00 The Persuaders
The Gold Napoleon
Danny and Brett get mixed up in a caper involving some Napoleon coin replicas. With Tony Curtis and Roger Moore.

4.00 Charlie's Angels
The Pom Pom Angels
The Angels go undercover as cheerleaders when three women from a group disappear.

5.00 Cagney and Lacey
Internal Affairs
Cagney discovers some bad news about her father while working undercover with Lacey. With Sharon Gless and Tyne Daly.

6.00 The Persuaders
A Death in the Family
A sharp decrease in the number of surviving members of the Sinclair clan would seem to suggest that foul play is afoot.

7.00 Cagney and Lacey
Who Said It's Fair? – Part I
The duo search for a runaway child they suspect is working for a drug dealer and Mary Beth receives some difficult news.

8.00 Starsky and Hutch
Las Vegas Strangler – Part I
Starsky and Hutch go undercover in Las Vegas to find a killer who singles out beautiful chorus girls as his victims.

9.00 The Sweeney
Latin Lady
A wealthy gynaecologist proves mysteriously uncooperative after he is robbed of his suitcase.

10.00-11.00pm The Professionals

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Sexy Shorts
Late-night music show looking at the hottest videos around town.

11.30 Rock Fillies 2
Following the ups and downs of a raunchy girl band.

12midnight Centrefolds
Four women travel to Germany to begin the girls' tour.

12.30am Beaver Patrol
A look at the best of the series so far, featuring man-hunters from Leeds, Liverpool and Manchester.

1.00-2.00am Babe of the Decade
Erotic late-night series showing women modelling underwear.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.20 Music Time 6.25 New Adventures of Winnie the Pooh 6.40 Art Play 6.45 Classic Toons 6.55 The Adventures of Spot 7.05 Bite Size 7.20 Circle Time 7.25 Bear in the Big Blue House 7.50 Rolie Polie Olie 8.00 Boy Meets World 8.30 Teen Angel 9.00 Art Attack 9.30 Sabrina 10.00 Doug 10.30 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon 100 Deeds for Eddie McDowd 12.30pm Incredible Story Studio 1.00 FILM: Your Choice Your Voice 2.30 Mickey Mouseworks

3.00 101 Dalmatians
Animated series based on the popular film and book. Text

3.30 Timon and Pumbaa
More fun with the crazy duo from *The Lion King.* Text

4.00 FILM: The Brave Little Toaster Goes to Mars
Voices of Thurl Ravenscroft, Deanna Oliver, Eric Lloyd
Animated fantasy sequel about a houseful of electrical appliances which come to life when no one is looking. *1997* Text

5.15 Honey, I Shrunk the Kids: The TV Show
Spin-off from the popular films about a zany inventor. Text

6.00 Smart Guy
"Baby It's You... and You... and You" Text

6.30 Boy Meets World
An Affair to Forget
Shawn has girlfriend trouble. Text

7.00 FILM: Honey, I Shrunk the Kids
Rick Moranis, Marcia Strassman
Fantasy comedy. The children of a zany scientist find themselves accidentally miniaturised by a revolutionary device invented by their father. *1989* Text

8.30 Honey, I Shrunk the Kids: The TV Show
Honey, It's a Blunderful Life
Wayne dreams that his life is being judged. Text

9.15 Thunderstone
Noah is threatened with banishment.

9.40 Dinosaurs
Prehistoric fun. Text

10.05 Home Improvement
Comedy double bill. Text

11.00 Dr Quinn: Medicine Woman Text

11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SATURDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

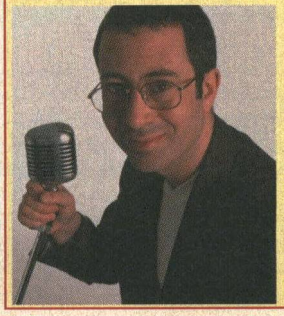
FILM

Enemy of the State
Sky Premier 8.00pm
A propulsively paced conspiracy thriller, hauled in with typical attention to designer visuals by Tony Scott (*Top Gun*). Will Smith conveys an identifiable confusion as the lawyer who's plunged into an inescapable waking nightmare after bumping into an old friend.

GENERAL

Cucina Valentina
Carlton Food Network 4.30pm
A new 24-part series hosted by Italian food expert Valentina Harris has the added attraction of being filmed entirely on location in Tuscany. Today Valentina discovers the joys of Italian hard cheeses and advises on the best recipes using parmesan and pecorino.

ADVERTISEMENT



UK GOLD

SATURDAY NIGHT COMEDY 9.00PM
Saturday Night Comedy on UK Gold serves up some of the very best comedy including Alan Davies, Ben Elton, Steve McGrew and Sean Meo.

Saturday 15 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM	**7.30am Kiteboarding** **8.30 Athletics** **10.00 Tennis – LIVE** **12noon Cycling – LIVE** Coverage of the 14th stage of the Tour de France from Draguignan to Briançon. **2.00pm** **Formula 3000 – LIVE** High octane motor racing action from the FIA Formula 3000 International Championship, which is staged at the A1-Ring in Spielberg, Austria.	**6.00am Aerobics Oz Style** **6.30 Extreme Sailing 7.00 Sky Sports Centre 7.30 Racing News 8.00 Big Fight Countdown 8.30 Australian Rugby League 10.30 International Cricket: Triangular One-Day International – England v West Indies – LIVE 2.15pm Big Fight Countdown 2.45 International Cricket: Triangular One-Day International – England v West Indies – LIVE** Ball-by-ball coverage as the international cricket action continues into the second session with England facing West Indies in their latest match in the NatWest series. Both teams will be hoping to make the final at Lord's and so will want to pick up valuable points here today.	**6.00am Sports Unlimited 7.00 Aerobics Oz Style 7.30 Equestrian: Armathwaite Hall Horse Trials 8.30 Racing News 9.00 Soccer AM 12noon Masters Football: Yorkshire Masters** More action from this year's Masters Tournament at the Sheffield Arena.	**10.00am Total Sport 10.30 Ford International Rugby Union: Tri-Nations – Australia v New Zealand 1.00pm Australian Rules Football** Action from the rough and tumble world of the Australian Football League as 16 teams compete in an exhausting 22-match premiership season.	**8.00am Deepwater Black 8.30 Deepwater Black 9.00 The Incredible Hulk 10.00 Lost in Space 11.00 The Six Million Dollar Man 12noon FILM: Mothra** *Franky Sakai, Emi Ito* Two kidnapped princesses pray for help. *1962* **1.35pm Planet of the Apes 2.35 Cybernet**	**6.00am Select MTV 8.00 The Grind 9.00 Total Request 10.00 European Top 20 12noon Weekend Edition** Catch up with the latest music and showbiz gossip. **12.30pm Select MTV** Richard Blackwood with a special three hour weekend helping of the nation's favourite music request show, live from MTV's London studios.
3.00 PM	**3.30 Cycling – LIVE** The cyclists race through 249km of the French countryside as the coverage of this stage of the Tour de France continues.		**3.00pm Pool: Embassy World Eight Ball Pool-Team Semi-Finals**	**3.00 Volleyball: National Volleyball Cup - Women's Final** Teams from Ashcombe Dorking and London Malory serve up a thrilling climax to the domestic season as they battle to win the Women's National Volleyball Cup, at the Ponds Forge Leisure Centre, Sheffield.	**3.00 Robocop** *Public Enemies* RoboCop must save the President and First Gentleman from an assassination plot.	**3.30 Weekend Edition** A look at the latest showbiz news and gossip.
4.00 PM					**4.00 Deepwater Black** *Infestation* **4.30 Deepwater Black** *Plague*	**4.00 Bytesize MTV** Another constant barrage of music and big stars. Plus, highlights from MTV stations around the world.
5.00 PM	**5.00 Football** A review of the Uefa Champions' League, with highlights from every phase of the competition including the final.			**5.00 Max Power** A motorsport series which features material from around the world, including touring cars, road racing and off road events.	**5.00 The Net** *Chem Lab* An Internet demonstration of a powerful chemical weapon sends Angela and Jacob undercover.	
6.00 PM	**6.00 Athletics** Eight of Europe's best athletic teams compete in the 21st Spar European Cup Super League Final, at the International Stadium, Gateshead. This is the perfect time for the athletes to prove their fitness with a great pre-Olympic performance weeks before the Games.	**6.30 Big Fight Countdown** Boxing match preview.		**6.00 World Motor Sport** An essential guide to motorsport, which provides a comprehensive round-up of the most exciting races, previews of forthcoming major events and provides the chance to go to the heart of racing and hit the road with some of the fastest drivers in the world.	**6.00 The Crow: Stairway to Heaven** *The Road Not Taken* A kidnapped baby spurs Talon to get involved – exposing her to the police.	
7.00 PM		**7.00 Extreme Sailing** An in-depth look into the world of extreme sailing. **7.30 Ford International Rugby Union: Tri-Nations – Australia v New Zealand** Highlights from the Tri-Nations as world champions Australia take on New Zealand.	**7.00 Ford Golf USA: Greater Milwaukee Open – LIVE** Stroke-by-stroke action from the third day's play in the Greater Milwaukee Open, at the Brown Deer Park Golf Course in Milwaukee, Wisconsin. Find out which player will succeed Carlos Franco as the champion.		**7.00 The Burning Zone** *The Last Endless Summer* Surfers are coming down with a fatal disease and Cassian's team is called in.	**7.00 The MTV Movie Awards 2000** Sarah Jessica Parker hosts the MTV Movie Awards from Los Angeles, as the biggest films of the last twelve months go head to head. Includes live performances by Metallica, N'Sync and D'Angelo.
8.00 PM	**8.00 Athletics** America's athletes go head-to-head for the coveted Olympic places in the US Team Trials 2000, staged in Sacramento.				**8.00 FILM: Flight of the Navigator** *David Freeman, Veronica Cartwright, Sarah Jessica Parker, Paul Reubens* A boy is abducted by aliens in 1978 and is returned in 1986. He attempts to return to his own time. *1986* **9.40 Sci-Focus Special**	**8.30 Gay Request Live** NEW The team are down at the Gay Life & Style event at Olympia. **9.30 All Time Gay Top 10** NEW Readers of a top gay magazine choose their favourite videos of all time. **10.30 Gay Mardi Gras Special** NEW A report from the gay carnival at Finsbury Park.
9.00 PM	**9.00 Cycling** Two hours of two-wheeled action from the day's racing in the Tour de France. The highlights include reactions, interviews and statistics.	**9.00 World Wrestling Federation: Late Night – Smackdown** Jim Ross, Kevin Kelly and Michael Cole present the latest action from the World Wrestling Federation. **10.55 Premiership Shorts: Favourite Player – Robbie Fowler**	**9.00 Ford Golf USA: Ford Senior Players' Championship – LIVE** Coverage of day three of the Ford Senior Players' Championship, held at the TPC of Michigan Dearborn. Find out if Miller Barber can continue his record of being the only player to have competed in every championship.	**9.00 International Cricket: Triangular One-Day International – England v West Indies** The best of the coverage of the triangular one-day international match played between England and West Indies at the Riverside Ground in Chester-Le-Street.	**10.00 FILM: Retroactive** *James Belushi, M Emmet Walsh, Kylie Travis* Sci-fi thriller in which a woman witnesses a series of murders and travels back in time with the help of a research scientist to stop them from happening. *1997* **11.40 Sci-Focus Special**	**10.30 Gay Mardi Gras Special** NEW A report from the gay carnival at Finsbury Park. **11.00 MTV Movie Special 11.30 The Tom Green Show** More humour and mayhem with Mr Green. **12midnight The Late Lick** Brand new videos, news and interviews presented by Trevor Nelson. **1.00am MTV Dance Floor Chart Show 2.00 Hit List UK 3.00 Chill Out Zone 5.00-6.00am Night Videos**
10.00 PM						
11.00 PM	**11.00 SportsCentre 11.15 Martial Arts** Another chance to see the hard-hitting action from the Martial Arts Festival, held in March, at Paris-Bercy.	**11.00 Australian Rugby League** Catch up with all the latest action from the Australian Rugby League. Presented by Chris Warren.	**11.00 Ford International Rugby Union: Tri-Nations – Australia v New Zealand** Highlights from Tri-Nations.	**11.00-12midnight Max Power** A motorsport series which features touring cars, road racing and off-road events from around the world.		
12.00 NIGHT TIME	**12.45am-1.00am SportsCentre**	**1.00am Gillette World Sport Special 1.30 International Cricket: England v West Indies 3.30 WWF – Smackdown 5.25 Premiership Shorts: Teddy Sheringham 5.30-6.00am Gillette World Sport Special**	**12.30am Johnny Mowlem Porsche Travels 1.00 Motor Racing: Indy Racing League – Atlanta 500 – LIVE 3.30 Australian Rules Football 5.30-6.00am Johnny Mowlem Porsche Travels**		**12midnight FILM: Castle of Cagliostro** Action animation in which a thief struggles to free a princess. *1979* **2.00am Amazing Stories 2.30 The Ray Bradbury Theatre 3.00-4.00am Lost in Space**	**1.00am MTV Dance Floor Chart Show 2.00 Hit List UK 3.00 Chill Out Zone 5.00-6.00am Night Videos**

SPECIAL EVENT

LENNOX LEWIS V FRANS BOTHA SKY BOX OFFICE FROM 8.00PM

Lennox Lewis (left) returns to fight in Britain for the first time in six years to take on Frans Botha (right) in the latest defence of his world heavyweight title. Lewis is the clear favourite, and a good performance at the London Arena will mean he might start to earn the respect of the American paymasters of the sport who want Mike Tyson to fight him next. *For more details on how to order please call 0500 60 10 55.*

PLAYBOY TV/ ADULT CHANNEL ADD-ON CHANNEL	TELEVISION X ADD-ON CHANNEL
10.00pm Freeview 10.06 Intimate Sessions 10.45 Playboy's Hard Drive 12midnight Freeview 12.12am Adult feature 12.40 Sam Gets Her Girl 1.00 FILM: Car Wash Angels 2 2.20 Dr Anna St John 2.45-4.00am FILM: Bedlam	**12midnight Preview 12.10am Suburban Tales 12.20 Search for a Porn Star 12.45 FILM: Babewatch 9 1.00 Freeview 1.05 FILM continues 2.05 Exposed 2.30 FILM 3.00 Five Minute Freeview 3.05 FILM continues 3.40-4.00am Claudia**
Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details	Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Saturday 15 July

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 8.00 Emma 9.00 Talk Music 9.30 Greatest Hits: Phil Collins 10.00 It's the Weekend with Jules and Gideon 11.00 The Millennium Classic Years: 1994 12noon Emma 1.00pm The VH1 Album Chart Show 2.00 It's the Weekend with Jules and Gideon

3.00 90s Number Ones Weekend
It was the decade that saw the launch of Girl Power, so strong it broke the Spice Girls up and a quartet and a solo artist were formed. The decade also brought us boy bands from The Backstreet Boys and Boyzone to Take That and also competing for headlines and chart positions with teenage temptresses Britney and Christina. Here VH1 play all their hits back-to-back.

7.00 The Millennium Classic Years:1993
Steven Spielberg finally picks up the coveted Best Director Oscar for *Schindler's List.*

8.00 It's the Weekend with Jules and Gideon
Jules and Gideon bring you showbiz gossip, live performances and reviews.

9.00 Hey, Watch This!
John Fugelsang takes another comical look at the strange differences between Brits and Americans.

10.00 Behind the Music: Blondie
Tracing the ups and downs of the top 1970s group through rare footage and a series of interviews.

11.00 Storytellers: Elton John
A trip to New Orleans to capture Elton John performing live and talking about his life.

12midnight-6.00am 90s Number Ones Weekend
A trip down memory lane to capture the essence of the last decade.

ANIMAL PLANET
WORLD PACK

12noon Crocodile Hunter
Sleeping with Crocodiles
12.30pm Crocodile Hunter
Suburban Killers
1.00 Emergency Vets
1.30 Emergency Vets
Stories from Alameda East Veterinary Hospital in Denver.
2.00 Living Europe
Arctic – Land of Ice and Snow
Series looking at the wildlife and landscapes of Europe.

3.00 Survivors
Reptiles
A programme examining how reptiles must fight for survival in a changing environment.

4.00 Dolphin Stories
Captivity and Freedom
A film which looks at the differences in behaviour between dolphins in the wild and those in captivity.

5.00 Crocodile Hunter
Legends of the Galapagos
Steve and Terry Irwin travel to the Galapagos Islands to see the wide array of wildlife there.

6.00 The Aquanauts
Series following a team of deep-sea divers, marine biologists and zoologists.
6.30 The Aquanauts
Red piranhas in Venezuela.

7.00 Wild Rescues
Tales of people saving animals – and vice versa.
7.30 Wild Rescues
A group of pilot whales are saved in Florida.

8.00 Wildlife Police
The story of the arrest of a birdwatcher whose hobby turned into an obsession.
8.30 Wildlife Police
Wildlife crimes.

9.00 Game Park
Good Fences
A report on the illegal trading of rhino horns which threatens the existence of the species.

10.00 Crocodile Hunter
Dinosaurs Down Under
10.30 Crocodile Hunter
Hidden River

11.00-12midnight The Aquanauts
A report on the ancient art of wayfinding in Hawaii.
11.30-12midnight The Aquanauts

CABLE CHECK
Some of the channels listed may not be available in your area

ITV2
ACCESS PACK

9.25am Board Wild 10.00 Amazing Games 10.30 ISKA Karate 11.00 The Extremists 11.30 Touch Football 12noon Amazing Games 12.30pm ISKA Karate 1.00pm Trisha
A triple bill of heartwarming stories. Text

4.00 Transatlantic Wrestling Challenge
Two back-to-back episodes of hostility as eight British professional wrestlers take on their counterparts from America.

6.00 The Extremists

6.30 Touch Football

7.00 Amazing Games

7.30 ISKA Karate

8.00 ITV2 Getaway

12midnight Videotech
The latest chart videos and news from the music world.
12.30am Planet Rock Profiles
1.00-2.05am Trisha
More heartwarming stories.

UK STYLE
LIFESTYLE PACK

7.00am Can't Cook, Won't Cook 7.30 Ready, Steady, Cook 8.00 House Invaders 8.30 The House Doctor 9.00 Antiques Roadshow US 10.00 Holiday Guide To... 11.00 Holiday Swaps 11.30 Spa Trek 12noon Holiday on a Shoestring 12.30pm Looking Good 1.00 à la mode 1.30 Two Fat Ladies 2.00 Ainsley's Meals in Minutes 2.30 Delia Smith's Summer Collection

3.00 Delia's How to Cook
A guide to preparing Spanish tortilla.
3.30 Fresh Food
Featuring designer cream.

4.00 Can't Cook, Won't Cook
4.30 Ready, Steady, Cook
Exciting new recipes from mystery ingredients.

5.00 House Invaders
Exmouth
Homes are given a cost-free facelift.
5.30 The House Doctor

6.00 Antiques Roadshow US
The experts gather at Denver's Shrine Auditorium to appraise English furniture.

7.00 Holiday Guide To...
Italy
Craig Doyle visits Positano and Angela Rippon unwinds by Lake Garda.

8.00 Holiday Swaps
A trip to New York is swapped for rural Japan.
8.30 Spa Trek
Greece – Royal Mare Thalasso Centre

9.00 Holiday on a Shoestring
9.30 Looking Good
Essential tips on looking and feeling good with Lowri Turner.

10.00 à la mode
Anita Roddick of the Body Shop looks at the stunning work of Zandra Rhodes.
10.30 Two Fat Ladies
Cambridge Eight

11.00 Ainsley's Meals in Minutes
With Ainsley Harriott.
11.30 Delia Smith's Summer Collection
A Vegetarian Summer
12midnight Delia's How to Cook
Delia Smith demonstrates the art of the omelette, preparing Spanish tortilla and the eggs en cocotte with morel mushrooms.
12.30am-1.00am Fresh Food

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Dolphin Diaries 7.30 Possums 8.00 Killing Queen 9.00 Deserts of the Cheetah 10.00 A Rough History Of... 10.30 Crater of Death 11.30 A Rough History Of... 12noon Tomorrow's World Plus 1.00pm Mosquito Text 2.00 The Dolphin Diaries 2.30 Possums

3.00 Killing Queen
Killing for a Living
A look at the top predator of the African savanna – the lioness – who carries out most of the hunting.

4.00 Deserts of the Cheetah
Savage Wilderness
A fascinating picture of how life survives in the southern deserts of Africa.

5.00 Top Gear GTi
The team tests the latest models and casts an experienced eye over the hottest motoring news and provide consumer tips.

6.00 Full Circle with Michael Palin
China
Michael stays in a room in Qingdao that was once Chairman Mao's. Text

7.00 Money, Money, Money
Where There's a Will
7.30 Mysteries
A collection of real-life mystery stories. Text

8.00 The Human Body
First Steps
A report on a new filming technique which reveals how babies crawl.

9.00 Soldiers to Be
Switching On
The infantrymen begin phase two of their training.
9.30 Soldiers to Be
I'm Alright Jack

10.00 Hoffa: The Man Who Vanished
The story of the disappearance of Jimmy Hoffa, leader of America's powerful Teamster union.

11.00 999
Michael Buerk presents true stories of heroism. Text
12midnight-1.00am Hollywood Men
Vanity and Vulgarity

UK PLAY:
1.00am Goodness Gracious Me 1.20 The Fast Show 1.55 Hippies 2.30 Rock Profile 3.00 Dave Pearce's DJ Anthems 3.30-7.00am The Joy of Decks

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am First Taste 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Thoroughly Modern British 9.30 Power Food 10.00 In Season 10.30 Simply Baking 11.00 A Slice of the Action 11.30 Picture This 12noon Antony's Scotland 12.30pm Ross's Barbecue Party 1.00 Coxon's Kitchen College 1.30 From the Ground Up 2.00 Food Network Daily 2.45 Quick Cooks

3.00 A Shared Table
Kangaroo Island and the Coorong
3.30 Costa del Nosh
Mick and Nick Nosh cook meatballs in tomato sauce.

4.00 Simply Baking
Regional Dishes
Baking with Andrew Nutter.
4.30 Cucina Valentina
Parmesan and Pecorino
A guide to Italian cookery.

5.00 Superchefs
5.30 Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm Five-Star Cooking

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Mermaids and Sirens
A look at the Papuan myth of manatees.
7.30 The Rescued Koala

8.00 Secret Life of Cats
Prowl the hidden world of the cat, one of the most fascinating but mysterious creatures known to man.

9.00 Jaguar: Year of the Cat
Travel to the rainforest of Belize to witness one of the most powerful predators on Earth – the jaguar.

10.00 The Serpent's Delight
Discover the private world of the snake.
10.30 Nulla Pambu: The Good Snake

11.00 On the Trail of Brother Wolf
Travel through the remote regions of France with a team of producers as they search for the elusive wolf.

12midnight-1.00am Whales!
The decline of this great mammal due to commercial whaling.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Strike it Lucky
The madcap gamshow.
5.30 Sale of the Century
General knowledge quiz.
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
7.30 Winner Takes All
Bobby Davro hosts.
8.00 Stars in Their Eyes
8.30 Candid Camera
9.00 Whittle
9.30 Strike it Lucky
10.00 Endurance UK
10.30 Family Fortunes
11.00 Gladiators
12midnight Beadle's About
12.30am Stars in Their Eyes
1.00 Candid Camera
1.30 Absolute Cobblers
Comedy gameshow.
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Set in Stone 6.30 The Diceman 7.00 Screaming Reels 7.30 Hooked on Fishing with Paul Young 8.00 How to with B & Q 8.05 A Car is Born 8.35 Our House Down Under 9.05 Home Savvy 9.35 Home Savvy 10.05 How to with B & Q 10.10 Total Fishing with Matt Hayes 10.40 Fishing Australia 11.10 Rex Hunt Fishing Adventures
11.40 Last in the League
Profile of Chester City FC.
12.10pm How to with B & Q
12.15 Two's Country
12.45 Doing it Up
1.15 Deals on Wheels
1.45 New Yankee Workshop
2.15 How to with B & Q
2.20 Village Green
2.50 Our House
3.20 Go Fishing
3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Adrenalize 10.30 That Film Show 11.00 Byte Me 11.30 Chilli Factor 12noon High Adrenalin Action 12.30pm Fearless 1.00 Surf Film 2.00 e-trippers 2.30 High Adrenalin 3.00 Trainspotters 99 4.00 Ibiza 2000 4.30 Scratch TV 5.00 Chilli Factor 5.30-6.00pm That Film Show

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Saturday 15 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Tabaluga 5.30 Blinky Bill 6.00 Fly Tales 6.30 Flying Rhino 7.00 Fat Dog Mendoza 7.30 Ned's Newt 8.00 Mike, Lu and Og 8.30 Ed, Edd 'n' Eddy 9.00 Dexter's Laboratory 9.30 Powerpuff Girls 10.00 Angela Anaconda 10.30 Cow and Chicken 11.00 Johnny Bravo 11.30 Mask 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Flintstones 1.30 Scooby-Doo 2.00pm I Am Weasel 2.30 Courage the Cowardly Dog

NICKELODEON
FAMILY PACK

7.00am Jumanji 7.30 The Three Friends... and Jerry 8.00 SpongeBob Square Pants 8.30 Kenan and Kel 9.00 Rugrats 9.30 Rocket Power 10.00 Angry Beavers 10.30 Hey Arnold! 11.00 Cousin Skeeter 11.30 Sabrina the Teenage Witch 12noon Rugrats 12.30pm Rugrats 1.00 Rugrats 1.30 Rugrats 2.00 Renford Rejects 2.30 Renford Rejects

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Happy Ness 7.30 Princess Sissi 7.55 Princess Starla and the Jewel Riders 8.20 Sailor Moon 8.45 Digimon 9.10 Digimon 9.35 Spiderman 10.00 The New Addams Family 10.20 Casper 10.30 Goosebumps 11.00 Dennis and Gnasher 11.30 Ace Ventura 12noon It's Your Call: Woody Woodpecker v Diabolik 1.15pm Inspector Gadget 1.45 Walter Melon 2.10 Life with Louie 2.35 Donkey Kong Country

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 Weekend 9.00 News 9.30 World 10.00 News 10.30 Talk 11.00 News 11.30 USA 12noon News 12.30pm Correspondent 1.00 News 2.30 Talk 3.00 News 3.30 Reporters 4.00 News 4.30 Movies 5.00 News 5.30 Scoreline 6.00 News 6.30 Scoreline 7.00 News 7.30 Sportsday 8.00 News 10.30 Movies 11.00 News 12.30am Correspondent 1.00 2.30 USA 3.00 News 3.30 Movies 4.00 News 4.30 Reporters 5.00 News 5.30-6.00am Talk

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Health 6.30 Business 7.30 World Beat 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 CNNdotCOM 12.30pm Moneyweek 1.00 News/Report 2.30 Health 3.30 Sport 4.30 Golf 5.00 Africa 5.30 Business 6.30 Hotspots 7.30 World Beat 8.30 Style 9.30 Artclub 10.30 Sport 11.00 WorldView 11.30 Europe 12.30am Showbiz 1.00 CNN WorldView 1.30 Diplomatic 2.00 Larry King 3.00 WorldView 3.30 Both Sides 4.30-5.00am Evans, Novak, Hunt & Shields

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Technofile 10.30 Showbiz Weekly 11.30 Fashion TV 12noon Sky News Today 1.30pm Answer the Question 2.00 Sky News Today 2.30 Week in Review 3.30 Showbiz Weekly 4.30 Technofile 5.00 Live at Five 7.30 Sportsline 8.30 Answer the Question 9.30 Fashion TV 10.00 Sky News at Ten 12.30am Showbiz Weekly 1.30 Fashion TV 2.30 Technofile 3.30 Week in Review 4.30 Answer the Question 5.30-6.00am Showbiz Weekly

INTERNATIONAL

SAT1 5.40am Simon Templar 6.35 Jumanji 7.05 Fantastic Max 7.35 Schlümpfe 8.05 Rugrats 8.35 Der Regenbogenfisch 9.05 Scooby-Doo Show 9.35 Tom and Jerry Kids Show 10.05 Family Feuerstein 10.35 Bugs Bunny 11.05 Men in Black – Die Serie 11.35 Die Peanuts 12noon Heartbreak High 1.00pm Raumschiff Enterprise 2.00 Star Trek – Raumschiff Voyager 3.00 Das Netz 4.00 echt wahr! 4.30 Nachrichten 5.00 Verrückte Welt 5.45 Alf 6.15 Der Dicke und der Belgier 6.45 Hausmeister Krause 7.15 FILM: Star Trek II – Der Zorn des Khan 9.40 Die Wochenshow 10.40 Die Wochenshow – Classics 11.10 Der Dicke und der Belgier 11.40-12midnight Night Talk

TV5 5.00am Journal 5.15 Journal des Journaux 6.00 Infos 6.05 Les Zaps 6.30 Les Zaps 7.00 Journal 7.30 Les Zaps 8.00 Infos 8.05 Archimède 9.00 Journal 9.15 Silence ça Pousse 9.30 Branché 10.00 Infos 10.05 Montagne 11.00 Infos 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Reflets 2.00 Un Siècle d'Ecrivains 3.00 Journal 3.15 Questions 3.30 Sport Africa 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal 7.30 Journal et le Journal du Temps 8.00 Infos 8.05 Thalassa 9.00 Journal 9.15 La Vie à l'Endroit 11.00 Le Journal du Tour 11.30-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 8.00 Sant Darshan 9.00 Cultural Heritage 11.00 Interactive Live 12noon News 12.30pm Sansaar 1.00 Pakistan This Week 1.30 FILM 4.00 Gehra Paani 5.00 MTV 123 6.00 Ek Mulaqat 6.30 Music Fusion 7.00 MTV Hitlist 8.00 Kabhie Kabhie 8.30 Junoon 9.00 FILM 12midnight MTV Hitlist 1.00am FILM 4.00 Kabhie Kabhie 4.30 Junoon 5.00 Gehra Paani 6.00 Balcony 6.30 DD Programme 7.00-7.30am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Yeh Hai Bombay Meri Jaan 6.30 Shabads 6.45 Holy Quran 7.00 Faith: Swami Narayan 7.30 Daily News 8.00 Pakistan Business Week 8.30 Janam 9.00 Choti Choti Baatein 9.30 Quiz Contest 10.00 Entertainment Express 10.30 Gubbare 11.30 Khana Khazana 12noon FILM 3.00pm Pakistan Show Time 4.00 Sofia 5.00 Khoobsurat 5.30 Rishtey The Love Stories 6.30 Hum Paanch 7.00 Callmate Top Ten 8.00 News 8.30 FILM 11.30 Super 7 Muqabla 12midnight News 12.15am News 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Aur Ek Minute 5.30-6.00am Gane Anjane

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 700 Club 6.00 CMTV 6.30 Jack van Impe Presents 7.00 Kids' Club 7.30 Donut Man 8.00 Colby's Clubhouse 9.00 Gospel Bill 9.30 This Generation 10.00 Jesse10.30-11.00am CMTV Scene Dock

BLOOMBERG
WORLD PACK

1.45am European Weekly Review 2.15 City Diary 2.45 Weekly Preview 3.15 Spread Your Bets 5.45-6.00am Spread Your Bets

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 10.00 Parliamentary Coverage 2.00pm PMQs 2.30 Hearts and Minds 3.00 Welsh Assembly 6.30 Parliament 11.30-12midnight Straight Talk

3.00 PM

DISCOVERY
WORLD PACK

4.00pm The Great Commanders
Julius Caesar
How Julius Caesar led the Roman army through a decade of conquest.

4.00 PM

5.00 Battlefield
The Battle of Britain – Part I
How a German invasion of Britain was prevented during World War II.

5.00 PM

6.00 Battlefield
The Battle of Britain – Part II
How the outcome of the Battle of Britain turned on a crucial error by Hitler.

6.00 PM

7.00 Miami SWAT
Follow recruits to America's elite and highly-trained police unit from the training ground and onto the streets.

7.00 PM

8.00 Scrapheap
Power Pullers
Two teams have to build a high-powered tractor from a plie of scrap metal in just ten hours.

8.00 PM

9.00 Super Bridge
First part of the story of the building of one of the most unusual bridges in the United States – the Clark Bridge in Illinois.

9.00 PM

10.00 Tornado
Survival
Documentary exploring the power and damage caused by different types of tornado.

10.00 PM

11.00 What a Blast: Demolition Artist
Explore the science and techniques that demolition experts use to control hazardous explosions.

11.00 PM

12midnight Trailblazers
Bering Strait
Follow trailblazer Marcel Theroux as he attempts the 70-mile journey to Alaska.
1.00am-2.00am Tanks!
On Campaign
Experience life inside a tank during World War II.

12.00

NIGHT TIME

3.00
Fat Dog Mendoza
The surreal adventures of the hefty hound explorer.
3.30 Ned's Newt
Reptilian adventures.
4.00
The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Ed, Edd 'n' Eddy
The adventures of the trio of namesakes with a fondness for jawbreakers.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Hang out with the cavemen behaving badly in Bedrock.
7.00 Scooby-Doo
The mutt and his pals try to foil another spooky scam.
7.30 Looney Tunes
8.00 Mike, Lu and Og
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm FILM: 2001: A Space Odyssey
Keir Dullea, Gary Lockwood, Daniel Richter
Classic sci-fi. An apparently intelligent monolith is discovered on the moon. A team is sent to investigate, but attempts to understand it are hindered by a battle for survival with a computer that has its own agenda.
Widescreen *1968*
11.35-1.00am FILM: The Murder Man
Spencer Tracey
Crime drama. *1935*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Cheers
Finally – Part I
Will Rebecca and Robin finally get together?
8.30 Just Shoot Me
Twice Burned
9.00 FILM: Class
Andrew McCarthy, Rob Lowe, Jacqueline Bisset
Comedy about a student who has an affair with a glamorous older woman. Only later does he discover that she is the mother of his college roommate. *1983*
10.50 Mark Lamarr Uncensored and Live
Live comedy from the Wilde Theatre in Bracknell.
11.45 FILM: History Of The World – Part I
Mel Brooks, Dom DeLuise
Historical spoof which charts the progress of human civilisation. *1981*
1.35am Duckman
2.00 Hitz
2.30 Nurses
3.00
It's Garry Shandling's Show
3.30-4.00am
Abbott and Costello

3.05
Dennis and Gnasher
3.35 Mighty Morphin' Power Rangers
The original Power series returns by popular demand.
4.00 Mighty Morphin' Power Rangers
4.30 Sailor Moon
The adventures of the elite schoolgirl crime-fighters.
4.55 Princess Starla and the Jewel Riders
More magical adventures.
5.20 Princess Sissi
Historical romantic saga.
5.40 Breaker High
Fun on the high seas.
6.00 Goosebumps
More spooky stories and spine-chillers.
6.25 Goosebumps
6.50-7.00pm Casper

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

3.00 Kenan and Kel
The adventures of two funky friends.
3.30 Kenan and Kel
With Kenan Thompson and Kel Mitchell.
4.00 Sister Sister
Twice the comedy and four times the fun.
4.30 Sister Sister
Fun with the terrible twins Tia and Tamera.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Special
The best-selling items.
7.00 Clothes Shop!
8.00 Jewellery Shop!
Gemstone jewellery.
9.00 Home Shop!
A selection of items and equipment for the garden.
1.30pm Shop! Special
The best-selling items.
2.30 Sports Shop!
A selection of sports clothing and footwear.
6.00 Kitchen Shop!
Cooking tips and advice from chef Paul Brodel.
7.00-7.30pm Home Shop!
Style ideas and tips for your dining room.

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows.
Saturdays: The best of the week and children's programming.
Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

THE HISTORY CHANNEL
WORLD PACK

12noon Dr Guillotine and his Executing Machine
12.55pm
Photos for the Future II
1.00 The Laconia Incident
2.00 Biography
Napoleon Bonaparte
3.00
Great Crimes and Trials
Night Stalker
3.30
Great Crimes and Trials
The Trial of Adolph Eichmann
4.00 The Spying Game
Tools of the Trade
4.30 Spies
Spy, Counter Spy!
5.00 Project Cancelled
Hot Flight
6.00 The Korean War
7.00 Biography
The Kellogg Brothers
8.00 Century
9.00-10.00pm
Forbidden City
Dynasty and Destiny

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

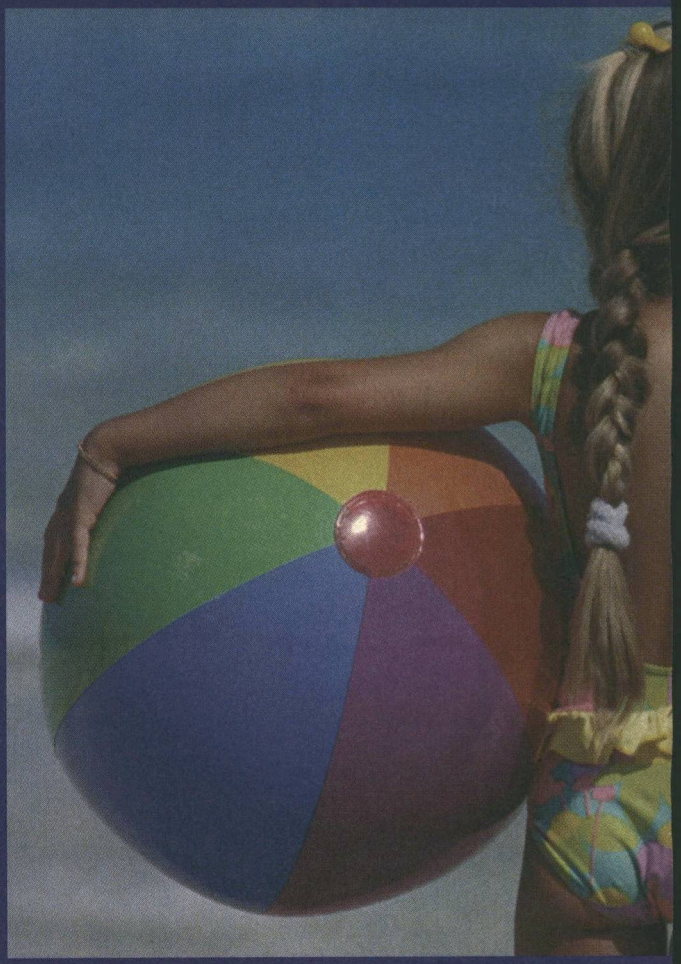
QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is The Pilates Method: Fitness for the Future at 7.00pm.

Great Brands
Brilliant value

Shop! Summer Sale
1st - 9th July
Massive savings - up to 50% off

Home & Garden Bonanza
10th - 17th July
10% Discount

Blue Cross Sale
21st - 23rd July
Save even more - fantastic end of Sale offers



Instead of hot-footing it around the shops, this summer you'll catch the brightest ideas and brilliant value on Shop!

Shop! is available on Cable and Wireless Channel 53 or 74

0800 77 55 33

www.shop-tv.co.uk

For more information and a free guide to 'What's on Shop!' or to place an order, call us now and remember to quote code AG002.

Sunday 16 July

SKY PREMIER
PREMIUM CHANNEL

6.10am A Memory in My Heart
1999, rating Sky PG, 87 mins
8.00 The All New Adventures of Laurel & Hardy in For Love or Mummy
1999, rating Sky PG, 84 mins
9.30 Beethoven
1991, rating Sky U, DS, 83 mins
11.00 Antz
Animated adventure. **Text** *1998, rating Sky PG, DS, 80 mins*
12.30pm The All New Adventures of Laurel & Hardy in For Love or Mummy
1999, rating Sky PG, 84 mins
2.10 The Adventures of Slappy the Sea Lion
BD Wong, Bronson Pinchot
Text *1998, rating Sky PG, DS, 75 mins*

3.30 'Til There Was You
Jeanne Tripplehorn, Dylan McDermott, Sarah Jessica Parker
Romantic comedy in which a writer, after years of searching, finally meets her true love. However, he is an architect working with unscrupulous developers who want to demolish her apartment block. **Text** *1996, rating Sky PG, DS, 109 mins*
5.30 Beethoven
Charles Grodin, Bonnie Hunt, Dean Jones, Oliver Platt
Comedy about a St Bernard who is adopted by an all-American family and then targeted by a nasty animal thief who threatens to whisk the dog away. *1991, rating Sky U, DS, 83 mins*
7.00 Antz
Voices of Woody Allen, Sharon Stone, Sylvester Stallone
Animated adventure about an ant struggling to express his individuality in a colony of conformists. **Text** *1998, rating Sky PG, DS, 80 mins*
8.30 What Dreams May Come
Robin Williams, Annabella Sciorra, Cuba Gooding Jr
Drama in which a man dies and finds himself in a world without limits. However, as soon as he begins to come to terms with his new condition he discovers that existence, even in heaven, can be heartbreaking. **Text** *1998, rating Sky 15, DS, 109 mins*
10.30 Desperate Measures
Andy Garcia, Michael Keaton
Action thriller about a cop who resorts to desperate measures to find a bone marrow donor for his sick son. However, when the perfect DNA match turns out to be a dangerous sociopath he faces a moral dilemma. **Text** *1998, rating Sky 15, DS, 96 mins*
12.15am A Rage in Harlem
Forest Whitaker, Gregory Hines
Comedy thriller. *1991, rating Sky 18, DS, 104 mins*
2.05 The Real Blonde
Comedy set in New York. **Text** *1998, rating Sky 15, 101 mins*
3.55-6.00am 'Til There Was You
Romantic comedy. **Text** *1996, rating Sky PG, DS, 109 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am The Jayne Mansfield Story
1980, rating Sky PG, 92 mins
7.45 Danielle Steel's Daddy
1991, rating Sky PG, 91 mins
9.30 Ghostbusters II
1989, rating Sky PG, DS, 104 mins
11.20 National Lampoon's Men in White
1998, rating Sky PG, 83 mins
12.50pm The Comeback
1988, rating Sky PG, 90 mins
2.30 CHiPs '99
Larry Wilcox, Erik Estrada, Robert Pine, Paul Korver
Movie spin-off from the popular 1970s TV series *CHiPs*. A pair of motorcycle cops are reunited to investigate a series of puzzling car crimes. *1998, rating Sky PG, 94 mins*

4.15 National Lampoon's Men in White
Tom Wilson, Karim Prince, Wigald Boning, M Emmet Walsh
Comedy in which two dustbin men realise that they are the only people on Earth who can prevent an impending alien invasion. *1998, rating Sky PG, 83 mins*
5.45 UK Top Ten
British box office chart rundown.
6.00 Ghostbusters II
Bill Murray, Dan Aykroyd, Harold Ramis, Sigourney Weaver
Supernatural comedy sequel in which the titular heroes return to do battle against the spirit world. This time their target is an ancient, evil warrior who, trapped in the frame of a painting, is attempting to re-enter the world of the living via a new-born baby. *1989, rating Sky PG, DS, 104 mins*
8.00 Earthquake in New York
Greg Evigan, Cynthia Gibb, Michael Moriarty, Götz Otto
Disaster movie in which a father moves to New York with his family after losing a son in a Californian earthquake. However, history is about to repeat itself. *1999, rating Sky 12, 88 mins*
9.30 The Hard Way
Michael J Fox, James Woods, Stephen Lang, Annabella Sciorra
Comedy thriller. An actor gets more than he bargained for when he attaches himself to a tough cop in the hope of securing a role in a new police thriller. *1991, rating Sky 15, 106 mins*
11.25 The Players Club
Lisa Raye, Dick Anthony Williams
PREMIERE Gritty drama about a woman's struggle to build a better life for herself and her son. **Text** *1998, rating Sky 18, DS, 90 mins*
1.00am In God's Hands
Patrick Shane Dorian, Matt George
Surfing drama. **Text** *1998, rating Sky 12, DS, 94 mins*
2.40 Baby Comes Home
Colleen Dewhurst, Warren Oates
1980, rating Sky PG, 92 mins
4.20-6.00am Sharing Richard
1987, rating Sky PG, 90 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am The Bandit of Sherwood Forest
Cornel Wilde, Anita Louise
1946, rating Sky PG, 83 mins
12.30pm Duel
Dennis Weaver, Tim Herbert
Steven Spielberg's debut feature is a thriller in which a driver is hunted down by a psychopathic trucker. *1971, rating Sky PG, 86 mins*
2.00 Scalawag
Kirk Douglas, Neville Brand
Swashbuckling adventure in which a pirate and a young boy team up to locate buried treasure. *1973, rating Sky PG, 89 mins*

3.50 From the Terrace
Paul Newman, Joanne Woodward, Myrna Loy
Romantic drama about a New York financial adviser unhappily married to a promiscuous woman, whose libidinous behaviour is a by-product of her husband's inability to express love and affection. As the businessman rises to the top of the career ladder, he finds himself having to choose between his spouse and another woman. *1960, rating Sky PG, 138 mins*
6.15 Crimson Pirate
Burt Lancaster, Nick Cravat, Torin Thatcher, Eva Bartok
Light-hearted adventure set in the 18th century. A pirate finds himself involved in a revolution as he travels across the Mediterranean rousing support against the tyrannical ruler of a Caribbean island. *1952, rating Sky U, 100 mins*
8.00 Duel
Dennis Weaver, Tim Herbert, Eddie Firestone, Lou Frizzell
Thriller. A businessman driving a rented car on a lonely road begins to realize that the driver of a diesel truck is out to get him. Initially the unseen driver is merely an annoyance as he continually gets in his way, but his sinister intentions soon become apparent. *1971, rating Sky PG, 86 mins*
10.00 Scarecrow
Gene Hackman, Al Pacino
Drama in which a couple of slackers find themselves hitch-hiking together. The pair, one an ex-convict and the other a sailor, learn a great deal about life as they travel together. *1973, rating Sky 18, 108 mins*
11.55 The Reptile
Noel Willman, Jennifer Daniel
Horror movie about a young girl who seems to have the ability to transform into a deadly serpent. *1966, rating Sky 15, 86 mins*
1.30am Clean and Sober
1988, rating Sky 15, 119 mins
3.35 Scalawag
1973, rating Sky PG, 89 mins
5.10-6.00am Hollywood Hall of Fame: Katharine Hepburn

FILMFOUR
ADD-ON CHANNEL

2.00pm Nightmare Alley
Tyrone Power, Joan Blondell, Coleen Gray, Helen Walker
Horror movie in which a drifter finds a job promoting a rundown funfair. He befriends a mindreader, learns his tricks and then starts his own mindreading act in a nightclub. The former drifter soon becomes greedy and sets his sights even higher. With the help of a beautiful but corrupt psychiatrist he convinces several wealthy people that he can communicate with their dead loved ones. However, his accomplice has a crisis of conscience which threatens to destroy the highly lucrative scam. *1947, 106 mins*

4.00 The Lost World
Claude Rains, Michael Rennie, Jill St John, Richard Haydn
Fantasy adventure based on the story by Sir Arthur Conan Doyle. A scientist leads an expedition into the depths of the Amazon, where the members of the party find themselves fighting for their lives against dinosaurs, cannibals, giant insects and many other hostile creatures. *1960, 99 mins*
6.00 The Woodlanders
Emily Woof, Rufus Sewell, Cal MacAninch, Tony Haygarth
Drama adapted from the classic novel by Thomas Hardy, in which the daughter of a sawmill owner falls in love with a woodsman. However, at the behest of her father she decides to marry someone of higher social standing, a move which results in tragedy. **Text** *1997, 98 mins*
8.00 The Last Emperor
John Lone, Joan Chen, Peter O'Toole, Ying Ruocheng
Award-winning drama by Bernardo Bertolucci which tells the true story of the last Emperor of the Chinese Ching dynasty. Although he would prefer to play around like other boys, at the age of three the young emperor is taken to live in the Forbidden City as a living god. However, when China finally becomes a republic the cosseted youngster is imprisoned in his palace. Fascinated by his worldly Scottish tutor, he is determined to learn more about life outside the Forbidden City and hatches a plan to escape. **Text** *1987, 209 mins*
11.40 I've Heard the Mermaids Singing
Sheila McCarthy, John Evans
Drama in which a naive young woman finds herself involved in art fraud. *1987, 81 mins*
1.05am Above the Dust Level
1.20 Topless Women Talk about their Lives
Drama. **Text** *1997, 87 mins*
2.50 Barb Wire
Sci-fi drama. **Text** *1995, 94 mins*
4.35-6.00am Invaders from Mars
Science fiction. *1953, 75 mins*

LisaRaye joins 'The Players Club' in this premiere directed by Ice Cube. Sky MovieMax 11.25pm

Find your favourite TV shows in seconds: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm WW and the Dixie Dance Kings
Burt Reynolds, Art Carney, Conny Van Dyke, Jerry Reed
Comedy, set in the 1950s, in which a bank robber hijacks a car belonging to a struggling band. At first the musicians are reluctant to help the robber but they soon realise that his money could help solve their financial problems. *1975, 120 mins*
9.00 Ice Cold in Alex
John Mills, Sylvia Syms, Anthony Quayle, Diane Clare
Classic World War II drama about an alcoholic army officer travelling to Alexandria in the company of a couple of nurses and a South African soldier – one of whom is a German spy. **Text** *1960, 132 mins*
10.30 Ishtar
Warren Beatty, Dustin Hoffman, Isabelle Adjani, Charles Grodin
Comedy adventure about two hopelessly untalented New York entertainers trying to find fame via a booking in North Africa. Instead, the hapless pair become involved in an international incident. *1987, 103 mins*
1.00am Car Wash
Franklyn Ajaye, Sully Boyar
Disco-era musical comedy set in an LA car wash. *1976, 97 mins*
3.00 Grandview, USA
Jamie Lee Curtis, C Thomas Howell
Drama. *1984, 97 mins*
5.00-7.00am A Double Life
Drama. *1947, 103 mins*

6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

I'LL BE HOME FOR CHRISTMAS
Rating PG, 83 mins
Comedy. A teenager has to race from California to New York to gain the Porsche his father promised him if he gets home for Christmas. Stars Jonathan Taylor Thomas and Jessica Biel.
T/C: Christmas comedy, families.
BL: Occasional, mild.
S/N: Infrequent, mild references.
V: None.
6.20am, 8.00am, 9.40am, 11.20am, 1.00pm, 2.40pm, 4.20pm

Channel 51 Evening

IN DREAMS
Rating 18, 96 mins
Thriller. An artist seems to have a mental link with a madman and is haunted by dreams about his next victims. She eventually takes a drastic course of action. Stars Annette Bening and Aidan Quinn
T/C: Psychic thriller.
BL: Frequent, strong.
S/N: Infrequent, mild.
V: Frequent, strong horror.
6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Channel 52

JACKIE CHAN'S WHO AM I?
Rating 12, 104 mins
Action comedy. A secret agent is left behind in Africa suffering from amnesia when a mission goes wrong and seeks the help of a local tribe in an attempt to regain his identity. Stars Jackie Chan and Ron Smerczak.
T/C: Action comedy, conspiracy.
BL: Infrequent, mild. S/N: None.
V: Occasional, moderate.
6.30pm, 8.30pm, 12.30am, 2.30am

Channel 53

UNIVERSAL SOLDIER III: UNFINISHED BUSINESS
Rating 18, 92 mins
Sci-fi action sequel. A couple attempt to recover from the effects of a battle which killed the man's brother. Stars Matt Battaglia, Jeff Wincott and Chandra West.
T/C: Sci-fi, action
BL: Infrequent, strong.
S/N: None.
V: Frequent, strong.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Hour of Power 7.00 Tintin 7.30 Rescue Heroes 8.00 Mega Babies 8.30 Pokémon 9.00 The Simpsons Text 9.30 Mummies Alive 10.00 Roswell Conspiracies 10.30 Starship Troopers 11.00 WWF – Metal 12noon WWF – Superstars 1.00pm America's Dumbest Criminals Text 1.30 America's Dumbest Criminals Text 2.00 Beverly Hills, 90210 Text

3.00 Earth: Final Conflict
Avatar
A serial killer programmed with a CVI tries to kill Da'an when he enacts an ancient Taelon myth about good conquering evil.

4.00 Star Trek: Deep Space Nine
Looking For Par'march
Worf helps Quark woo a visiting Klingon woman, despite the fact that he is in love with her. Text

5.00 Star Trek: Voyager
Prey
Chakotay, Tuvok, Paris and Janeway beam aboard a Hirogen ship which appears to have a living organism aboard. Text

6.00 The Simpsons
The Way We Was
Marge tells the kids how she and Homer met and fell in love. Text

6.30 The Simpsons
Sunday, Cruddy Sunday Text

7.00 Futurama
Mother's Day

7.30 3rd Rock from the Sun
Frankie Goes to Rutherford
Dick's jealous of a former student.

8.00 Buffy the Vampire Slayer
Angel
Teenage drama series. Vampire slayer Buffy discovers Angel has a horrifying secret. Text

9.00 The X-Files
Brand X
Drama series. An insider holds the secret to the tobacco industry's latest deadly development.

10.00 V.I.P.
An aspiring actress travels from a small town to Hollywood and becomes the head of an elite bodyguard agency. Starring Pamela Anderson.

11.00 Forever Knight
Jane Doe
Nick helps Reese deal with his obsession with capturing a murderer from the past. Stars Geraint Wyn Davies.

12midnight LAPD
More of the day-to-day activities of the Los Angeles Police Department.

1.00am Stand and Deliver
With Jimmy Jones.

1.30 Chicago Hope Text
Transplanted Affection

2.30-6.00am Long Play
From soothing ballads to energetic dance videos in a diverse selection.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am The Two Ronnies 6.50 Angels 7.20 Angels 7.50 Blake's 7 8.50 Dr Who Omnibus 10.55 Dynasty Omnibus 12.50pm FILM: The Intelligence Men
Eric Morecambe, Ernie Wise
Espionage spoof. *1965*

2.50 The Bill Omnibus
A prison officer is assaulted and a prisoner confesses, but instinct makes Meadows and Rawton dig deeper. Boulton suspects the man behind a vicious hammer attack is someone he's tried to arrest before. Beech and Carver have to piece together evidence to find the real culprit, when neither the suspect nor the victim can remember what happened. Garfield and Page's search for a missing teenager reveals a man willing to exploit the insecurities of children in care. Daly and Skase uncover a deep family rift when the daughter's boyfriend is suspected of burglary.

5.20 The Good Life
Away from It All
Margo and Jerry suggest Tom and Barbara take a holiday.

6.00 Lovejoy
The Colour of Mary
Lovejoy is on the look-out for a billiard table which was thought to have been owned by Mary Queen of Scots. Text

7.05 Yes, Prime Minister
Man Overboard Text

7.45 Goodnight Sweetheart
In the Mood
Gary discovers he may not be the only one who can go back to 1942 when young Arthur disappears from the shop. Text

8.25 Only Fools and Horses
Watching the Girls Go By
Rodney needs a girlfriend to take to a social event to win a bet.

9.05 dinnerladies
Gamble
The dinner ladies place bets on Tony and Bren getting together.

9.45 dinnerladies
Christmas
Bren has blown it with Tony and Anita has left her inflatable man behind.

10.25 Playing the Field
Drama about a Yorkshire women's football team. On cup final day everyone is suffering from tension, though it is mostly unrelated to the game. Text

11.25 Sunburn
Nicki has a choice to make.

12.35am Only Fools and Horses
1.15 dinnerladies
1.55 dinnerladies

2.35 The Echo
Drama about a journalist building a story around a tramp starved to death in a rich woman's garage.

4.00 The Echo
Final part of Minette Walters' drama.

5.25-6.00am The Good Life

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Forgive or Forget 9.50 Relationship SOS 10.30 Brookside Omnibus 12.30pm FILM: On the Second Day of Christmas
Mary Stuart Masterson
Drama about an aunt and her niece caught shoplifting. *1997*

2.20 FILM: Florence Nightingale
Jaclyn Smith, Claire Bloom, Timothy Dalton, Timothy West
Historical drama about the life of the 19th-century woman who, despite opposition from her family, chose the low-status profession of nursing and revolutionised it, sacrificing everything, including the possibility of love and marriage to do so. *1985*

4.20 Maury Povich
A double bill of the compelling and personal talk show dealing with emotional conflicts. Hosted by veteran broadcast journalist Maury Povich.

6.00 Plastic Fantastic
Series about people who choose to undergo plastic surgery.

6.30 Little Miracles
Fly-on-the-wall look at the Hospital for Sick Children in Toronto.

7.00 Real Romance
Tales of first meetings, nostalgic accounts of love, and romances.

7.30 Family Confidential
A glimpse into the lives of people in extraordinary circumstances.

8.00 Judge Judy
A double bill of the show in which outspoken New York City family court judge Judy Sheindlin presides over a series of real-life cases and conflicts.

9.00 Profiler
Suspense thriller series about Dr Sam Waters, a brilliant forensic psychologist with the unusual gift of being able to understanding the criminal mind.

10.00 Jerry Springer
A double bill of the talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues and alternative relationships which can shock their more conventional friends and families.

11.45-12midnight Sex Bites

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Nearest and Dearest 6.30 Nearest and Dearest 7.00 Plus on Plus 7.30 Please Sir 8.00 How's Your Father? 8.30 Supersonic 9.00 The Persuaders 10.00 The Darling Buds of May 11.00 The Rag Trade 11.30 Bless This House 12noon Nearest and Dearest 12.30pm Nearest and Dearest 1.00 Maggie and Her 1.30 Second Thoughts 2.00 Bonanza

3.00 Classic Coronation Street – The Omnibus
Catch up on this week's event on the most famous street in Britain. Audrey helps Alf with some decorating but Mavis suggests they employ a professional. Terry and Curly are in dispute over the sale of their junk, and after some gentle persuasion from Vera, Brian goes to see Ivy. Curly finds out that his clock is an antique and sells it for £200.The factory girls want time off for Christmas shopping, much to Mike Baldwin's disapproval. Text

5.30 Bullseye
Dart quiz show.

6.00 The Persuaders
Patriotism has its penalties, as Brett Sinclair discovers when persuaded by Judge Fulton to plunge into the espionage jungle. Stars Roger Moore.

7.00 Cagney and Lacey
Who Said it's Fair? – Part II
The two detectives search for a runaway child that they suspect is now working as a runner for a drug dealer.

8.00 Starsky and Hutch
Las Vegas Strangler – Part II
Drama series. Starsky and Hutch continue their hunt for a killer who singles out beautiful chorus girls as his victims.

9.00 The Sweeney
Victims
Regan and Carter go to the scene of a shooting in which Sgt Taylor has been badly injured.

10.00-11.00pm The Professionals

GRANADA MEN & MOTORS
ACTION PACK

11.00pm 2 Wheels
Motorcycle magazine show.

11.30 Kits 'n' Cruising
The motoring magazine that roars around the world of kit cars, hot-rods and other specialist vehicles.

12midnight Ice with Jordan
Motoring series presented by Vanilla Ice and model Jordan.

12.30am Drivetime
The Audi Quattro.

1.30-2.00am Motor Week
Magazine series that takes a look at the motoring industry – from car launches to the first drives of the latest models.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.20 Music Time 6.25 Pooh 6.40 Art Play 6.45 Toons 6.55 Spot 7.05 Bite Size 7.20 Circle Time 7.25 Bear in the Big Blue House 7.50 Olie 8.00 Boy Meets World 8.30 Teen Angel 8.55 Art Attack 9.25 Kids' Awards Update 9.30 Sabrina 10.00 Doug 10.30 Pepper Ann 10.55 Kids' Awards Update 11.00 Smart Guy 11.30 Boy Meets World 12noon 100 Deeds for Eddie McDowd 12.30pm Incredible Story Studio 1.00 FILM: Johnny Tsunami 2.30 Mickey Mouseworks

3.00 101 Dalmatians
Canine capers. Text

3.30 Timon and Pumbaa
Animation. The two characters from *The Lion King* have their own series.

4.00 FILM: The Many Adventures of Winnie the Pooh
In the Hundred Acre Wood, Winnie the Pooh joins his animal friends and Christopher Robin in a series of amusing adventures and ticklish situations. Text *1977*

5.15 Honey, I Shrunk the Kids: The TV Show
Science is serious fun in the Szalinski household. Text

6.00 Smart Guy
Below the Rim
TJ becomes the high school basketball coach. Text

6.30 Boy Meets World
Chick Like Me Text

7.00 FILM: The Rescuers Down Under
Voices of Bob Newhart, Eva Gabor, John Candy
Two of the rescuers set out for Australia to try to free a kidnapped eagle and a young boy in need of help. *1990*

8.15 Honey, I Shrunk the Kids: The TV Show
Honey, You'll Always Be a Princess to Me Text

9.00 Thunderstone
Arushka finds Rorden's grotto, which is full of wierd equipment.

9.30 Dinosaurs
Prehistoric fun from the Jim Henson studio. Text

10.00 Home Improvement
Sitcom double bill. Text

11.00 Touched by an Angel Text

11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SUNDAY CONTINUES OVERLEAF ...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Duel
Sky Cinema 12.30pm, 8.00pm
Steven Spielberg announced his arrival with this atmospheric 1971 effort, one of the finest TV movies ever. A text-book exercise in nightmarish, heart-halting suspense, it sees a travelling businessman (Dennis Weaver) terrorised by a truck, whose driver we never see.

GENERAL

Montagne
TV5 8.05pm
A documentary series charting life in the mountains of the world. Breathtaking views, ever-changing weather, the peaks, the glaciers and volcanos – these are just some of the ups and downs for the world's indigenous mountain people. Meet the people and enjoy the scenery.

ADVERTISEMENT
UK GOLD

PLAYING THE FIELD
10.25PM
An acclaimed drama about a group of Yorkshire lasses united by their loyalty to each other and their passion for football. As the tale of love, betrayal and tangled relationships unfolds it becomes clear that the team could be beaten by a secret.

Sunday 16 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Sailing
8.00 Mountain Bike
8.30 Athletics
10.00 Tennis – LIVE
Coverage of the ATP Tournament final in Gstaad, Switzerland.
11.30 Cycling – LIVE
Coverage of the fifteenth stage of the Tour de France from Briançon to Courchevel, which covers 168 kilometres.

3.00 PM

4.00 PM

5.00 PM

5.00pm Rowing
Action from the third round of the Rowing World Cup series in Lucerne, Switzerland – the final pre-Olympic test for the teams.

6.00 PM

6.00 Athletics
Two hours of track and field action from the European Cup Super League in Gateshead, where the British men's team is hoping to improve on the third place they took last season.

7.00 PM

8.00 PM

8.00 Athletics
Highlights from the second day of competition in the US Olympic team trials in Sacramento.

9.00 PM

9.00 Cycling
Highlights of the fifteenth stage of the Tour de France, including reactions, interviews and statistics.

10.00 PM

11.00 PM

11.00 SportCentre
Live sports news bulletin.
11.15 Motocross
Coverage of the eleventh round of the 250CC World Championship in Belo Horizonte, Brazil.
12.15am-12.30am SportsCentre

12.00 NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

6.00am International Cricket: Triangular One-Day International – England v West Indies 8.00 Motor Racing: Indy Racing League – Atlanta 500 10.30 International Cricket: Triangular One-Day International – West Indies v Zimbabwe – LIVE 2.15pm Extra Cover 2.45 International Cricket: Triangular One-Day International – West Indies v Zimbabwe – LIVE
West Indies play their second match in two days, this time against emerging cricket nation Zimbabwe, in the one-day international tournament, held at the Riverside Ground at Chester-Le-Street, Durham.

6.30 Extra Cover
A round-up of the latest news from the cricket world.
7.00 Super League – LIVE
Eddie Hemmings and Mike Stephenson present the latest live action from the Tetley's Bitter Super League as the season heats up. Defending champions Bradford Bulls are favourites to triumph once again.

9.15 Schoolboy International: England v Brazil
An international friendly match between the youth of two of the great footballing nations.

11.15 Legends Cars: Europe
Replica classic car race.
11.45 Super League
The latest news from the Super League.
1.45am-3.45am International Cricket: Triangular One-Day International – West Indies v Zimbabwe
International cricket between West Indies and Zimbabwe.

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Watersports World 7.00 Aerobics Oz Style 7.30 Max Power 8.30 Extreme Sailing 9.00 Soccer Extra 12noon Ford Golf USA: Greater Milwaukee Open
Highlights from day three of the Greater Milwaukee Open golf tournament.
2.00pm Schoolboy International: England v Brazil – LIVE
Young English and Brazilian stars hope to shine at Sunderland's Stadium of Light.

4.30 Johnny Mowlem Porsche Travels
A show focusing on British sports car racing's rising star Johnny Mowlem.

5.00 Pool: Embassy World Eight Ball Pool – Team Semi-Finals
Green baize action as the championship reaches the semi-final stages.

7.00 Ford Golf USA: Greater Milwaukee Open – LIVE
Coverage of the fourth and final day of this year's Greater Milwaukee Open, at the Brown Deer Park Golf Course in Milwaukee, Wisconsin.

9.00 Ford Golf USA: Ford Senior Players Championship – LIVE
Action from the final round of the 2000 Ford Senior Players Championship at the TPC of Deerborn, Michigan.

11.00 Rugby Union: Fullers International Beach Rugby Challenge
Rugby action featuring international stars.
12.30am Pool Embassy World Eight Ball Pool – Team Semi-Finals
Green baize action.
2.30-4.30am Schoolboy International: England v Brazil – Highlights
Football match highlights.

SKY SPORTS 3
PREMIUM CHANNEL

10.00am Motocross: THQ British Motocross 10.30 Legends Cars: Europe 11.00 Ford International Rugby Union: USA v Samoa 12.30pm Rugby Union: Fullers International Beach Rugby Challenge 2.00 Legends Car: Europe 2.30 Motor Racing: Indy Racing League – Atlanta 500
Race action from the latest leg in the Indy Racing League series, held at the Atlanta Motor Speedway.

5.00 Motocross: THQ British Motocross
Action from the THQ British Motocross championship.
5.30 Motor Racing: NASCAR Busch – Nazareth 200 – LIVE
Coverage of the Nazareth 200, where the riders tackle the 200 miles of the Nazareth Speedway track.
Find out how title favourite Matt Kenseth fares on this leg of the tough NASCAR Busch series.

8.00 Legends Cars: Europe
Replica classic cars race around Donington Park.
8.30 Motocross: THQ British Motocross 9.00 International Cricket: Triangular One-Day International – West Indies v Zimbabwe
West Indies play their second one-day match in two days, this time against the emerging cricketing nation Zimbabwe, at the Riverside Ground in Chester-Le-Street.
11.00-12midnight Table Tennis: China Open
The table tennis tour continues with action from this year's China Open.

SCI-FI
ACTION PACK

8.00am Destination Space 8.30 Cybernet 9.00 The Incredible Hulk 10.00 Lost in Space 11.00 The Six Million Dollar Man 12noon Mystery Science Theatre 3000 1.45pm Sci-Focus Special 2.00 FILM: Flight of the Navigator
David Freeman, Veronica Cartwright, Paul Reubens
A young boy is abducted by aliens in 1978 and is returned in 1986. *1986*
3.40 Sci-Focus Special
Scence fiction film show.

4.00 FILM: And You Thought Your Parents Were Weird
Marcia Strassman, Joshua John Miller, Edan Gross
Family sci-fi comedy. Two boys follow their father's footsteps and invent weird gadgets. *1991*
5.45 Sci-Focus Special
Sci-fi movie show.

6.00 Babylon 5
Matters of Honor
Sheridan encounters a Shadow vessel and London tries to end his alliance with the Shadows.

7.00 Babylon 5
Convictions
A series of bombings on *Babylon 5* triggers an investigation involving some new residents.

8.00 PSI Factor: Chronicles of the Paranormal
Persistence of Vision
Photo images may link a serial killer and an angel.

9.00 Tekwar
Tek Posse
Jake is enlisted by the Tek Posse, a government-sanctioned SWAT team, to hunt down Teklords.
10.00 Fortean TV
Strange phenomena.
10.30 Stranger than Fiction
Emergency Planet Earth – Part I
11.00 American Gothic
The Buck Stops Here
Lucas promises to help the pharmacist in exchange for hospital files.
12midnight Twin Peaks 1.00am FILM: The Revenge of Frankenstein
Peter Cushing
The scientifically-inclined baron continues his quest to create a man. *1958*
2.40 Sci-Focus Special 3.00-4.00am Lost in Space

MTV
MUSIC & GAMES PACK

6.00am Select MTV 9.00 Hit List UK 10.00 The Real World 12noon Weekend Edition 12.30pm Select MTV
Richard Blackwood presents a special three-hour weekend helping of the nation's favourite music request show, live from MTV's London studios.

3.30 Daily Edition
A look at the latest music stories, showbiz news and entertainment gossip.

4.00 Bytesize MTV
Another constant barrage of music and big stars. Plus, highlights from MTV stations around the world.

7.00 Weekend Edition
A look at the showbiz stories from the past week.
7.30 Biorhythm: Lenny Kravitz NEW
MTV music special.

8.00 FANatic: Blink 182 NEW
8.30 Mel C Live Special NEW
The Spice Girl performs solo tracks.

9.00 Celebrity Death Match
Another episode of the action-packed claymation with guest appearances by today's biggest stars.

10.00 Loveline USA
Dr Drew and Adam Carolla offer advice to callers on the Loveline hotline.
10.30 Gay Mardi Gras Special

11.00 All-Time Gay Top 10
The results of an MTV poll to find the top ten gay songs as voted for by readers of a gay magazine.
12midnight Gay Request Live 1.00am The Lick R&B Chart Show
Trevor Nelson counts down the biggest R&B tracks on the nation's dance floors.
2.00-6.00am Night Videos
A VJ-free selection of videos.

LIVE MOTOR RACING: NASCAR BUSCH – NAZARETH 200
SKY SPORTS 3 5.30PM

If you like oval motor racing, then the 200-mile race around the Nazareth Speedway track is for you. The latest assignment for the stars of the NASCAR Busch series gets underway, with Wisconsin-born Matt Kenseth (pictured) having won the First Union 200 at this track in 1999, and being one of the big favourites to win the overall title at the end of this season. NASCAR is low on international drivers, but it's high on thrills. Dale Earnhardt Jr and Bobby Labonte will be in hot pursuit of Kenseth.

PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 FILM: Beneficiary 12midnight Freeview 12.12am FILM: Ethnicity 1.30 Adult Feature 1.45 FILM: Three Hearts
Erotic drama.
3.05 Caught At Home 3.15-4.00am FILM: Big Uns II
Erotic drama.

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight Ten Minute Preview 12.10am FILM: Forever Night 1.00 Five Minute Freeview 1.05 FILM continues 1.20 FILM: Back Slidin 2.30 FILM: Gone Wild
Rebecca Wild
3.40-4.00am Petra

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Sunday 16 July

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed
8.00 Emma 9.00 It's the Weekend 10.00 Video Timeline: Mariah Carey 10.30 VH1 to One: Sting 11.00 Behind the Music: Milli Vanilli
12noon Talk Music
12.30pm Greatest Hits: Robbie Williams
1.00 Ed Sullivan's Rock'n'Roll Classics
1.30 Greatest Hits: Phil Collins
2.00 It's the Weekend

3.00
90s No.1s Weekend
A chance to revisit chart toppers from the previous decade and reminisce.

7.00 The VH1 Album Chart Show
Paul King presents the latest rundown of the UK's best-selling albums of the week.
8.00 It's the Weekend with Jules and Gideon
Join Julia Carling and Gideon Coe for more chat, music and interviews.
9.00 Behind the Music: Quincy Jones
A look at the arranger, composer and producer whose prolific work has spanned three decades.
10.00 Behind the Music: The Police
NEW The background behind the struggling punk rockers who became cultural icons.
11.00 Planet Rock Profiles: Travis
A look at the new rock phenomenon Travis.
11.30 Greatest Hits: Robbie Williams
12midnight Behind the Music: Tina Turner
Probe into the world of the legendary soulful songstress.
1.00am VH1 Country
A rundown of the best in current country tracks.
2.00 VH1 Soul Vibration
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Croc Files
1.00 Emergency Vets
1.30 Emergency Vets
Stories from the veterinary hospital in Denver.
2.00 Vets on the Wildside
2.30 Vets on the Wildside
Series about the problems faced by vets caring for South Africa and Zimbabwe's diverse wildlife species.

3.00 Wild Rescues
Incredible tales of people saving animals – and animals saving people.
3.30 Wild Rescues
More tales of bravery.
4.00 Call of the Wild
Drama series based on Jack London's novel about a St Bernard who's taken from domesticity to the wilds of Alaska.
5.00 Monkey Business
Series about lovable chimps at a sanctuary.
5.30 Monkey Business
6.00 Animal Legends
Stories about animals with remarkable talents.
6.30 Animal Legends
More amazing animal tales, rescues and journeys.
7.00 Wildlife Police
A look at hare-coursing where punters bet on dogs who pursue hares.
7.30 Wildlife Police
More animal crimes.
8.00 Wild Rescues
Explore the unique relationship between humans and animals.
8.30 Wild Rescues
More tales of bravery.
9.00 The Last Paradises
Rann – The Desert of Life
9.30 The Last Paradises
The Mediterranean Forest
10.00 Game Park
New Blood
Workers in the Hluhluwe Umfolozi Park in South Africa try to discover the cause of their dying lions.
11.00-12midnight Untamed Africa
Hunger and Desire
Tracking two male leopards in the Masai Mara National Reserve.

CABLE CHECK
Some of the channels listed may not be available in your area

ITV2
ACCESS PACK

9.25am
Sunset Beach Omnibus
Another chance to see last week's episodes of the soap which charts the lives of the California rich.
1.10pm **Home and Away**
Catch up with the latest on Ramsey Street with four back-to-back episodes from the previous week.

3.10
Emmerdale Omnibus
A chance to see last week's episodes of the popular Yorkshire based soap opera. Text

4.35 Coronation Street Omnibus
A chance to catch up with last week's episodes of the long-running soap. Text

6.30 Heartbeat
Honour amongst Thieves
A romantic novelist seeking literary inspiration causes mayhem when she firmly sets her sights on Mike. Text
7.30 CD:UK
The chart show with the latest acts live in the studio.
8.00 The Planet's Funniest Animals
Humorous video clips.
8.30 Trevor McDonald Meets...
Chat show.
9.00 Grafters
When work on the house is stopped by the council, Laura discovers that Joe has taken matters into his own hands. Text
10.00 Coronation Street Text
10.30 Trial and Retribution III
Detectives Walker and North arrest a man for the murder of a 15-year-old girl, but have to let him go when his wife backs up his alibi. But then the wife seems curious about her husband's previous brushes with the law. Text
12.30am
A Week on the Wild Side
Neighbourhood Witch
Meet a woman from St Albans who is both a witch and a mother of two.
1.30-2.30am Trisha
Hosted by Trisha Goddard.

UK STYLE
LIFESTYLE PACK

7.00am Can't Cook, Won't Cook 7.30 Ready, Steady, Cook 8.00 House Invaders 8.30 House Doctor 9.00 All the Right Moves 9.30 Antiques Treasure Trail 10.00 Holiday in Style 11.00 Holiday Swaps 11.30 Spa Trek
12noon Holiday Guide To... 1.00pm Looking Good 1.30 Fresh Food 2.00 Delia's How to Cook 2.30 Delia Smith's Summer Collection

3.00 Ainsley's Meals in Minutes
How to create mouth-watering meals in minutes.
3.30 Two Fat Ladies
Cambridge Eight
4.00 Can't Cook, Won't Cook
Cookery challenge.
4.30 Ready, Steady, Cook
Two top chefs compete.
5.00 House Invaders
The DIY show in which homes are given a facelift.
5.30 House Doctor
Ann Maurice helps out desperate home owners.
6.00 All the Right Moves
Quentin Willson talks consumer property.
6.30 Antiques Treasure Trail
7.00 Holiday in Style
Popular holiday programme featuring reports from Prague, Antigua, Crete and Wales. Hosted by Rhodri Owen.
8.00 Holiday Swaps
Holidaymakers swap their pre-booked breaks.
8.30 Spa Trek
North Carolina – Westglow Spa
9.00 Holiday Guide To...
Italy
Craig Doyle visits Positano and Angela Rippon unwinds by Lake Garda.
10.00 Looking Good
Find out how New Yorkers achieve a dazzling smile.
10.30 Fresh Food
Rick Stein meets a man who lives like a Victorian.
11.00 Delia's How to Cook
Presented by Delia Smith.
11.30 Delia Smith's Summer Collection
A Vegetarian Summer
12midnight Ainsley's Meals in Minutes
How to create mouth-watering meals in minutes.
12.30am-1.00am Two Fat Ladies
Cambridge Eight
A blend of cookery and comic exploits.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Alligator Swamp
8.00 Ocean Peril
9.00 Fire and Ice – An Icelandic Sea
10.00 Return with Honour
NEW The story of American pilots shot down over North Vietnam. With Tom Hanks.
11.00 Return with Honour
12noon Top Gear GTi
1.00pm New Star in Orbit
2.00 Alligator Swamp

3.00 Ocean Peril
Killing for a Living
Explore the methods used by sea creatures to kill and avoid being killed in their ruthless world.
4.00 Fire and Ice – An Icelandic Sea
Natural World
A look at the wildlife that struggles to exist amidst volcanoes and ice caps.
5.00 Top Gear GTi
Tests of the latest models plus the hottest motoring news with extra information, interviews and consumer tips.
6.00 Beria – Stalin's Creature
Reputations
A look at Beria, who was the most feared man in the Soviet Union. Text
7.00 Pharaohs and Kings
Egyptologist David Rohl reveals a radical new theory about the history of the ancient world.
8.00 The Great Balloon Race
Trace the battle to win the last great prize in aviation – to balloon non-stop around the world.
9.00 Ruby's American Pie
Benny Hinn Text
9.30 Ruby's American Pie
New York Dating Text
10.00 Great Railway Journeys
Crewe to Crewe
Victoria Wood takes a trip around the north of England and Scotland.
11.00 999
Dramatic tale of five children trapped inside caves in Nottingham. Text
12midnight-1.00am Hollywood Men

UK PLAY:
1.00am Flatmates 1.30 Pick 'n' Mix 2.00 DJ Anthems 2.30 Soundtrack to My Life 3.00 Soundtrack to My Life 3.30 Bally Dung Radio 4.00 Bally Dung Radio 4.30 Funny Noise 4.45 Hey DJ 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am First Taste 7.30 Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Thoroughly Modern British 9.30 Newman Meets 10.00 Spice World 10.30 Simply Baking 11.00 A Slice of the Action 11.30 From the Ground Up 12noon Antony's Scotland 12.30pm Pacific Food 1.00 Kitchen College 1.30 Wok Wiz 2.00 Food Network Daily 2.45 Quick Cooks

3.00
Cocktail Challenge
Top bartenders compete.
3.30
Cucina Valentina
Parmesan and Pecorino
4.00 Simply Baking
Choux
Baking with Andrew Nutter.
4.30 Picture This
Magazine series aimed primarily at the deaf.
5.00 Superchefs
5.30 Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm Use Your Loaf

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Whale's Tale
Witness the startling contrast between whales as appreciated by tourists and as victims of brutal slaughter by whale-hunters.
8.00 Tiger Sharks
Travel to Shark Bay in Western Australia which is home to the mighty tiger shark, one of the ocean's most fearsome predators.
9.00 On the Edge of Extinction
The changing environments of wild panthers in Florida and the wild cheetahs of Africa are chronicled.
10.00 A Conversation with Koko
A look at the life of Koko, a truly extraordinary gorilla who has learnt American Sign Language.
11.00 Quest for the Basking Shark
Searching for this huge, harmless and endangered creature off the wild west coast of Ireland.
12midnight-1.00am Mario Luraschi: Magic Horses
Mario Luraschi, France's leading horse trainer, enjoys a world-wide reputation based on his incredible relationship with horses and the risky stunts he performs.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Strike it Lucky
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
7.30 Winner Takes All
Hosted by Bobby Davro.
8.00 Stars in Their Eyes
8.30 Candid Camera
9.00 Whittle
9.30 Strike it Lucky
With Michael Barrymore.
10.00 Endurance UK
10.30 Family Fortunes
11.00 Gladiators
12midnight Beadle's About
Hidden camera pranks.
12.30am Stars in Their Eyes
1.00 Candid Camera
1.30 Absolute Cobblers
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Set in Stone 6.30 The Diceman 7.00 Screaming Reels 7.30 Hooked on Fishing with Paul Young 8.00 How to with B & Q 8.05 A Car is Born 8.35 Our House Down Under 9.05 This Old House with Steve and Norm 9.35 This Old House with Steve and Norm 10.05 How to with B & Q 10.10 Total Fishing with Matt Hayes 10.40 Fishing Australia
11.10 Rex Hunt Fishing Adventures 11.40 Wood Wizard 12.10pm How to with B & Q 12.15 The House Doctor 12.45 The House Doctor 1.15 Deals on Wheels 1.45 The New Yankee Workshop 2.15 How to with B & Q 2.20 Village Green 2.50 Time Team 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Chilli Factor
10.30 That Film Show
11.00 Trainspotters 99
12noon Scratch TV
12.30pm Boardstupid
1.00 buzz:tracks
2.00 e-trippers
2.30 Fearless
3.00 Trainspotters 99
4.00 Ibiza 2000
4.30 High Adrenalin Action
5.00 Chilli Factor
5.30-6.00pm That Film Show

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

Sunday 16 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM
4.00pm
Wings of Tomorrow
Eyes in the Sky
An examination of the future of aerial reconnaissance.

5.00 PM
5.00 Race for the Superbomb
An investigation into the race between the USA and the Soviet Union to develop the first hydrogen bomb.

6.00 PM
6.00 Extreme Contact
Alligator Encounters
6.30 O'Shea's Big Adventure
Ox Killer
With Mark O'Shea.

7.00 PM
7.00 The Napoleon Murder Mystery
Film telling the story of Napoleon's last year, spent in exile on St Helena after his defeat at Waterloo.

8.00 PM
8.00 A Dog's Life
A three-part profile of the domestic dog. The first part scours the world to find the ancestors of the modern domesticated dog.

9.00 PM
9.00 A Dog's Life
This programme explores people's unique relationship with dogs and looks at the reasons dogs behave the way they do.

10.00 PM
10.00 A Dog's Life
This edition features a summer camp for dogs plus prison inmates who train dogs to be guides for the disabled.

11.00 PM
11.00
Medical Detectives
Grave Evidence
11.30
Medical Detectives
Deadly Formula

12.00 NIGHT TIME
12midnight Planet Ocean
Into the Abyss
An exploration of sea floors, which are replaced every two hundred million years.
1.00am-2.00am Seawings
The Viking
A profile of the versatile Lockheed S-3 Viking.

CARTOON NETWORK
FAMILY PACK

5.00am Tabaluga 5.30 Blinky Bill 6.00 Fly Tales 6.30 Flying Rhino Junior High 7.00 Fat Dog Mendoza 7.30 Ned's Newt 8.00 Mike, Lu and Og 8.30 Dragonball Z Rewind 11.00 Johnny Bravo 11.30 The Mask 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 The Flintstones 1.30 Scooby Doo 2.00 I Am Weasel 2.30 Courage the Cowardly Dog

3.00
Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30 Ned's Newt
Reptilian adventures.
4.00
The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animated adventure series.
5.30 Ed, Edd 'n' Eddy
More namesake nonsense from the three pals.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky tales with the cowardly canine sleuth.
7.30 Looney Tunes
8.00 Mike, Lu and Og
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm Film: The Philadelphia Story
Cary Grant, Katharine Hepburn, James Stewart
Comedy. An heiress has her wedding plans upset by the appearance of her dashing ex-husband. *1940*

11.10-1.00am
Film: Cry Terror
James Mason, Rod Steiger
Thriller revolving round an extortion scam. *1958*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

NICKELODEON
FAMILY PACK

7.00am Jumanji 7.30 The Three Friends... and Jerry 8.00 SpongeBob Squarepants 8.30 Kenan and Kel 9.00 Rugrats 9.30 Rocket Power 10.00 Angry Beavers 10.30 Hey Arnold! 11.00 Cousin Skeeter 11.30 Sabrina the Teenage Witch 12noon Rugrats 12.30pm Rugrats 1.00 Rugrats 1.30 Rugrats 2.00 Renford Rejects 2.30 Renford Rejects

3.00 Kenan and Kel
The adventures of two funky friends.
3.30 Kenan and Kel
With Kenan Thompson and Kel Mitchell.
4.00 Sister Sister
Double the fun with twins Tia and Tamera.

5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Cheers
Finally – Part II
Rebecca finds Robin with another woman.
8.30 Just Shoot Me
Jesus, It's Xmas
9.00 Frasier
Halloween
Roz tells Frasier that she might be pregnant.
9.30 Frasier
The Kid
10.00 FILM:
Beverly Hills Cop
Eddie Murphy, Judge Reinhold, John Ashton
Action comedy. A smart-mouthed Detroit cop goes to LA to track down his best friend's killers. He teams up with two local detectives but has problems adjusting to the culture in Beverly Hills. *1984*
12midnight Eurotrash 12.30am Clive Anderson Talks Back 1.10 Still In Bed with MeDinner 1.40 Duckman 2.05 DiResta 2.30 Encore Encore! 3.00 It's Garry Shandling's Show 3.30-4.00am Abbott and Costello

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Happy Ness 7.30 Princess Sissi 7.55 Princess Starla 8.20 Sailor Moon 8.45 Digimon 9.10 Digimon 9.35 Spiderman 10.00 New Addams Family 10.20 Casper 10.30 Goosebumps 11.00 Dennis and Gnasher 11.30 Ace Ventura 12noon It's Your Call: Woody Woodpecker v Diabolik 1.15pm Inspector Gadget 1.45 Walter Melon 2.10 Life with Louie 2.35 Donkey Kong

3.05
Dennis and Gnasher
Dennis and Gnasher take on the enemy: adults.
3.35 Mighty Morphin' Power Rangers
4.00 Mighty Morphin' Power Rangers
4.30 Sailor Moon
4.55 Princess Starla and the Jewel Riders
Magical adventures with Princess Starla.
5.20 Princess Sissi
A captivating historical romantic saga.
5.40 Breaker High
Fun on the high seas.
6.00 Goosebumps
6.25 Goosebumps
6.50-7.00pm Casper
The capers of Casper, the friendly ghost.

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Special
Another chance to see some of the best-selling items.
7.00 Sports Shop!
Sports equipment.
8.00 Entertainment Shop!
Home entertainment.
9.00 Technology Shop!
Mobile communications.
1.30pm Shop! Special
Another chance to see some of Shop!'s best-selling items.
2.30 Home Shop!
Advice and products to help achieve a beautiful garden.
6.00 Clothes Shop!
Summer fashion ideas.
7.00-7.30pm Home Shop!
Crockery sets.

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows.
Saturdays: The best of the week and children's programming.
Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart*.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 World News 10.00 News 10.30 Reporters 11.00 News 11.10 Dateline London 12noon News 12.30pm Talking Movies 1.00 News 2.30 USA Direct 3.00 News 3.30 Euro Brief 4.00 News 4.30 Straight Talk 5.00 News 7.30 Sportsday 8.00 News 10.30 Dateline London 11.00 News 11.30 Reporters 12midnight News 12.30am USA Direct 1.00 News 2.30 Agenda 3.00 News 3.30 Dateline London 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News plus: 5.00am News 5.30 CNNdotCOM 6.30 World Business 7.30 Inside Europe 8.30 Sport 9.30 World Beat 10.30 Sport 11.30 Hotspots 12.30pm Diplomatic License 1.00 World Report 2.30 Inside Africa 3.30 Sport 4.30 Showbiz 5.00 Late Edition 6.30 Business Unusual 7.30 Europe 8.30 Artclub 9.30 CNNdotCOM 10.30 Sport 11.00 WorldView 11.30 Style 12midnight WorldView 12.30am Science & Technology 1.00 WorldView 1.30 Asian 1.45 Asia 2.00 CNN & TIME 3.30 Artclub 4.30-5.00am Pinnacle

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Week in Review 10.00 Sunday with Adam Boulton 11.30 Book Show 12noon Sky News Today 1.30pm Fashion TV 2.00 Sky News Today 2.30 Showbiz Weekly 3.30 Technofile 4.30 Adam Boulton 5.00 Live at Five 7.30 Sportsline 8.30 The Book Show 9.30 Showbiz Weekly 10.00 News at Ten 12.30am CBS Evening News 1.30 Adam Boulton 2.30 Fashion TV 3.30 Book Show 4.30 Week in Review 5.30-6.00am CBS Evening News

INTERNATIONAL

SAT1 6.00am Die Kadeppen Akademie 7.00 Weck Up 8.00 Die Wochenshow 9.00 Alf 9.30 Hausmeister Krause 10.00 Zwei zum Verlieben 11.00 Baywatch Hawaii 12noon V.I.P. – Die Bodyguards 1.00pm MacGyver 2.05 Air America 3.05 Clueless 3.35 Sabrina 4.05 Dawson's Creek 5.00 Blitz 5.30 Wetter 5.45 Die Barilla Comedy-Küche 6.00 Nur die Liebe Zählt 7.15 In the Line of Fire – Die Zweite Chance 9.15 Star Wosch 9.50 Planetopia 10.40 News & Stories 11.30 So Gesehen 11.35-12midnight MacGyver

TV5 5.00am Journal Télévisé 5.15 Journal des Journaux 6.00 Infos 6.05 Les Zaps 6.30 Les Zaps 7.00 Journal Télévisé 7.30 Les Zaps 8.00 Infos 8.05 Découverte CTQC 8.30 Les Carnets du Bourlingueur 9.00 Journal Télévisé 9.15 La Fête des Bébés 9.30 Va Savoir 10.00 Infos 10.05 Thalassa 11.00 Infos 11.05 Grands Gourmands 11.30 Journal Télévisé 12noon Infos 12.05pm Autour du Tour

1.00 Journal Télévisé 1.15 Théatre, Merlusse 3.00 Journal 3.15 Questions 3.30 Gros Plan 4.00 Union Libre 5.00 Journal 5.15 Vélo Club 6.00 Grands Gourmands 6.30 ARTE Info 7.00 Journal 7.30 Journal et Le Journal du Temps 8.00 Infos 8.05 Montagne 9.00 Journal 9.15 Le Secret de Saint Junien 11.00 Le Journal du Tour 11.30-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Sant Darshan 8.30 Swami 9.30 In Search of Peace 10.00 Holy Quran 10.30 Jai Veer Hanuman 11.30 Health Show 12.30pm Pakistan This Week 1.00 Khiladi 1.30 FILM 4.00 MTV 5.45 Sahil Se Dur 6.30 Aur Aap 7.00 Close Up Encounters 7.30 MTV 8.00 Wilaytee Babu 8.30 FILM 11.30 Toofan TV 12midnight MTV 12.30am Aur Aap 1.00 FILM 4.00 Wilaytee Babu 4.30 Sahil Se Dur 5.30 Geet Baney Sangeet 6.00 Khiladi 6.30 DD Programme 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Kya Scene Hai 6.30 Shabads 6.45 Holy Quran 7.00 Faith: Sikhism 7.30 News 8.00 Karobari Duniya 8.30 Best of India 9.00 Ru Ba Ru 9.30 Out and About 10.00 Mahabharat 11.00 Bodymatters 11.30 Zee in Europe 12noon FILM 3.00pm Sa Re Ga Ma Classic 4.00 Zee and You 4.30 Rasm E Ashnai 5.30 Super 7 Muqabla 6.00 A Day Out with a Star 6.30 Yeh Hain Mere Apne 7.00 Pride Antakshari 7.30 Basera 8.00 News 8.30 FILM 11.30 Agni Chakra 12midnight News 12.30am FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Mama Miya 5.30-6.00am Sa Re Ga Na

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Life is for Living 6.00 Life in the Word 6.30 A Voice to the Nations 7.00 Changing Your World 7.30 CMTV 8.00 In Touch 8.15 Order My Steps 8.30 CMTV 9.00 Living 9.30 Word from God 10.00 Best of the Dream 10.30-11.00am Origins

BLOOMBERG
WORLD PACK

2.00am Market Movers 3.15 European Weekly Review 4.30 Market Movers 5.15 Fund Focus 5.54-6.00am Help Desk

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 11.00 Straight Talk 11.30 European Focus 12noon America This Week 3.00pm Holyrood 3.30-12midnight House of Lords

THE HISTORY CHANNEL
WORLD PACK

12noon The Korean War
Making of a Bloodbath
1.00pm Biography
The Kellogg Brothers
2.00 Century
Scandal
3.00 Forbidden City
Dynasty and Destiny
A look at the Beijing complex which took 1 million men 16 years to complete.
4.00
Nero – Legend of a Monster
5.00 Line of Fire
Culloden 1746
6.00 The Viking Saga
The Era of the Longships
An examination of the influence the Vikings had on European civilisation.
7.00
The Tsar's Fabergé Eggs
8.00
Mystery of the Last Tsar
9.30-10.00pm World War I
The Doomed Dynasties

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlights are DIY with Harry Greene at 10.00am and In the Kitchen with Tefal at 6.00pm.

Low Cost Loans

HOME OWNERS FREEFONE

0800 269 315

QUOTE REF: 371

TENANTS ONLY PHONE: 01252 367676

PERSONAL SERVICE 24hrs 7 DAYS A WEEK

FREE £150 HOLIDAY VOUCHER

Virgin Holidays · Jetsave · COSMOS · UNIJET

When your completed loan application form is returned and accepted in principle, we'll immediately send you your free voucher.

PLUS

WIN A BMW in our second Millennium Draw!*

If you apply for a loan before 31.8.2000 you will be automatically entered into our FREE Millennium Draw! The lucky winner will receive a brand new BMW 316i compact.

*Terms and conditions apply. No loan application is required to enter the Millennium Draw. Entry forms for the draw are available free on personal application to our offices. Both offers apply to secured personal loans only. Details will be forwarded with your loan application form.

CLEAR ALL YOUR DEBTS NOW!

Pay off all existing debts, loans, credit cards, H.P. etc. and leave yourself with cash to spare and one lower, easier to manage monthly repayment.

- £2,000 TO £60,000 OVER 3-25 YEARS... FOR ANY PURPOSE!
- OPTIONAL LIFE, SICKNESS, UNEMPLOYMENT COVER
- NO UP-FRONT FEES

APPLY ON LINE
www.lowcostloans.co.uk

Loan Amount	300 mths	180 mths	120 mths	60 mths	INTEREST ONLY REPAYMENT	A.P.R. (variable)
£50,000	407.34	496.48	623.68	THIS RATE IS ONLY AVAILABLE FOR LOANS FROM £20,000 TO £50,000 AND ONLY TO A1 EMPLOYED APPLICANTS (NO S/E), SUBJECT TO LENDERS CREDIT SCORE		8.9%
£30,000	244.41	297.89	374.21			
£20,000	162.94	198.59	249.47			
£50,000	439.08	524.05	648.75	1051.66	398.50	9.9%
£30,000	263.45	314.43	389.25	631.00	239.10	
£25,000	219.54	262.03	324.38	525.83	199.25	
£20,000	175.63	209.62	259.50	420.67	159.40	
£17,000	165.64	192.37	233.41	368.95	154.70	11.4%
£15,000	146.16	169.74	205.95	325.54	136.50	
£12,000	116.93	135.79	164.76	260.44	109.20	
£10,000	97.44	113.16	137.30	217.03	91.00	
£8,500	91.27	103.53	123.32	190.27	86.96	12.9%
£7,500	80.53	91.35	108.81	167.89	76.73	
£6,000	64.43	73.08	87.05	134.31	61.38	
£5,000	53.69	60.90	72.54	111.93	51.15	

Typical example: £12,000 x 60 mths @ £260.44/mth. Total Cost £15,626.40. APR 11.4% (VARIABLE)

NO EQUITY? NO WORRIES!

Loans from £5,000 to £60,000 up to 125% of house value

FIXED RATES AVAILABLE

Secured Loans

Competitive rates, loans for any purpose over 3 years to 25 years (see rate box).

Unsecured Loans

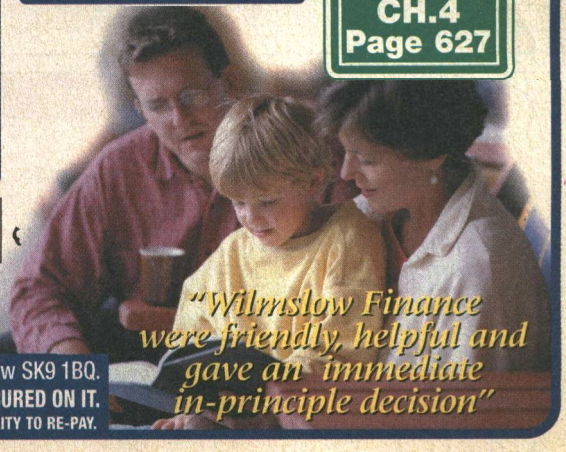
Paid out in a few days, no fees, any purpose – no security required.

Mortgages/Remortgages

Problems getting a mortgage/ remortgage? **Phone now!**

Special plans for:
• Self-Employed • Arrears • CCJ's
On problem cases **ONLY** a max fee of 10% may be charged.
NO LOAN NO FEE

See us on Teletext CH.4 Page 627



"Wilmslow Finance were friendly, helpful and gave an immediate in-principle decision"

IMPORTANT ADVICE: Always check the small print on other adverts. We charge no fees on the advertised plans in the repayment box. We will match any genuine advertised rate. All loans are placed through National Banks & Finance Houses & dealt with by post – you're under no obligation when you phone.

YELLOW PAGES® ®Registered trade mark of British Telecommunications plc. · dfb Member of the Corporation of Finance Brokers · VFS · FISA registered · Find us in... THOMSON Local

Wilmslow Financial Services Ltd. & Direct Mortgages Ltd., Barons Court, Manchester Road, Wilmslow SK9 1BQ.

YOUR HOME IS AT RISK IF YOU DO NOT KEEP UP REPAYMENTS ON A MORTGAGE OR OTHER LOAN SECURED ON IT.

• WRITTEN QUOTATIONS ON REQUEST • SECURED LOANS ARE SECURED ON PROPERTY • LOANS SUBJECT TO STATUS AND ABILITY TO RE-PAY.

Monday 17 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Leona Helmsley: Queen of Mean
1990, rating Sky PG, 94 mins
7.45 The Legend of Pirate's Point
1999, rating Sky U, 82 mins
9.15 Beyond the Prairie
1998, rating Sky U, 87 mins
11.00 Hope Floats
Text *1998, rating Sky PG, 110 mins*
1.00pm Under the Lighthouse Dancing
1996, rating Sky PG, DS, 90 mins
2.45 Hope
Jena Malone, JT Walsh, Jeffrey Sams, Christine Lahti
Drama set in 1962. A young girl's life in a small town in America's South is touched by the events of the Cuban Missile Crisis and the momentum of the Civil Rights movement. Last Play *1997, rating Sky PG, 92 mins*

4.30 The Legend of Pirate's Point
Asher Metchik, Sam Gifaldi
Adventure mystery. A young boy befriends the descendant of a local pirate and learns the secret of the legendary buried treasure and the town's true founder. *1999, rating Sky U, 82 mins*
6.00 Hope Floats
Sandra Bullock, Harry Connick Jr, Gena Rowlands, Mae Whitman
Sentimental romance. A former beauty queen returns home to rebuild her shattered life after she is humiliated on a national talk show, and discovers the secrets to real happiness – including the love of a hunky, good-hearted admirer. Text *1998, rating Sky PG, DS, 110 mins*
8.00 Sliding Doors
Gwyneth Paltrow, John Hannah, John Lynch, Jeanne Tripplehorn
Romantic comedy exploring – in parallel scenes – what happens when a woman's life takes two separate directions after she misses and then catches a tube train. The two stories develop in tandem – but is the woman fated to find happiness in either one? Text *1998, rating Sky 15, 95 mins*
10.00 Jackie Brown
Pam Grier, Samuel L Jackson, Robert De Niro, Bridget Fonda
A blend of thrills, comedy and drama following the antics of a middle-aged air stewardess and a small time crook as they smuggle cash from Mexico for a gun runner. When the woman is arrested, the police expect her to talk but she has other plans and embarks on a scheme which will keep her one step ahead of the police. Text *1997, rating Sky 15, 148 mins*
12.35am Palmetto
Text *1998, rating Sky 15, 109 mins*
2.30 Snow White: A Tale of Terror
Text *1997, rating Sky 15, 96 mins*
4.10-6.00am Sibling Rivalry
1990, rating Sky 15, 84 mins

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am Where the Red Fern Grows
1974, rating Sky PG, 97 mins
7.45 Split Infinity
1992, rating Sky U, 86 mins
9.15 Southern Heart
1998, rating Sky U, 91 mins
11.00 Murder at 75 Birch
1998, rating Sky PG, 88 mins
12.45pm One Special Night
1999, rating Sky PG, 87 mins
2.15 Danielle Steel's Palomino
Lindsay Frost, Lee Horsley, Eva Marie Saint, Rod Taylor
Passionate tale of a successful photographer who is not so lucky in romance. But, when a riding accident leaves her partially paralysed, she finally discovers true love. *1991, rating Sky PG, 90 mins*

4.15 Murder at 75 Birch
Melissa Gilbert, Gregory Harrison, Vyto Ruginis
Chilling drama. A man is suspected of murdering his wife and inadvertently causing the death of his brother. Although his sister-in-law is at first sympathetic, she soon begins to suspect the man too and her investigation puts her own life in danger. *1998, rating Sky PG, 88 mins*
6.15 Southern Heart
Peter DeLuise, Jamie Hendrix Collins, Emily Carpenter
Romantic drama in which the head of a New York-based coal-mining company must oversee the development of a new mine. But, when he travels to the small town that must be decimated, he falls in love with a local woman. *1998, rating Sky U, DS, 91 mins*
8.00 Home Fries
Drew Barrymore, Catherine O'Hara, Luke Wilson, Jake Busey
A mixture of gentle romance with macabre, black humour. When the father of her unborn child is murdered, a young girl becomes the killers' next target. However, when the plan calls for one of the killers to get close to her, he falls in love with the girl instead. Text *1998, rating Sky 12, DS, 90 mins*
10.00 Almost Heroes
Chris Farley, Matthew Perry, Eugene Levy, Kevin Dunn
Comedy about a hopeless frontiersman who joins an expedition to beat the famous Lewis and Clarke to the Pacific. Text *1998, rating Sky 15, 87 mins*
11.30 Dangerous Attraction
Linden Ashby, Rae Dawn Chong, Andrea Roth
Steamy thriller. *1999, rating Sky 18, 91 mins*
1.05am Mister Frost
1990, rating Sky 15, 85 mins
2.35 In Gold We Trust
Jan-Michael Vincent, Sam Jones
1990, rating Sky 15, 87 mins
4.05-5.30am The Pest
Text *1997, rating Sky 12, 81 mins*

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm Land of the Pharaohs
Jack Hawkins, Joan Collins
Epic drama about the building of the pyramids. The Pharaoh instructs his people to construct a pyramid to house his body when he dies. But trouble lies ahead in the form of a beautiful Egyptian temptress who wants the pyramid for herself. *1955, rating Sky PG, 100 mins*
6.00 The Hunters
Robert Mitchum, Robert Wagner, Richard Egan, May Britt
War drama about a US pilot who arrives in Korea to execute a top secret mission. But there are plenty of problems in store – both military and romantic – when he falls in love with the wife of a younger flyer who crashes behind enemy lines. *1958, rating Sky PG, 103 mins*
8.00 A Man, a Woman and a Bank
Donald Sutherland, Paul Mazursky, Brooke Adams
Crime comedy thriller about an amateur bank robber and his computer expert friend who execute a supposedly fool-proof plan to rob a bank via high-tech means. Unfortunately, things don't exactly go according to plan. *1979, rating Sky 15, 101 mins*
10.00 Klute
Donald Sutherland, Jane Fonda, Charles Cioffi, Roy Scheider
Oscar-winning mystery about an ex-cop investigating the mysterious disappearance of a scientist. Helping him on his case is a call girl who once had relations with the missing man. *1971, rating Sky 18, 109 mins*
11.55 Ordinary People
Donald Sutherland, Mary Tyler Moore, Judd Hirsch
Oscar-winning drama about a family that is severly traumatised by the death of its eldest son. *1980, rating Sky 15, 119 mins*
2.00am The Hunters
1958, rating Sky PG, 103 mins
3.50-6.00am Life At the Top
1965, rating Sky PG, 111 mins

Donald Sutherland stars as the private eye 'Klute', in this Oscar-winning thriller. Sky Cinema 10.00pm

FILMFOUR
ADD-ON CHANNEL

6.00pm The Lodger
Ivor Novello, Marie Ault, Arthur Chesney, Malcolm Keen
Crime drama. An innocent man is accused of a series of brutal London murders, carried out by a man known as The Avenger, and finds himself pursued by an enraged mob inflamed by newspaper reports. *1926, 75 mins*
7.20 Aventure Malgache
Directed by Alfred Hitchcock.
8.00 Merry Christmas, Mr Lawrence
David Bowie, Ryuichi Sakamoto, Tom Conti, Jack Thompson
Haunting drama, set in a Japanese POW camp, which tells the story of an intense battle of wills between the captive British major and the Japanese commandant who is determined to break his indomitable spirit. Text *1982, 118 mins*
10.10 Four Rooms
Tim Roth, Sammi Davis, Madonna, Quentin Tarantino
A series of tales linked by the appearance of a bellboy at a hotel. His experiences range from babysitting the kids from hell to having to cope with the arrival of a movie star and his obnoxious entourage. *1995, 94 mins*
11.50 Mystery Train
Masatoshi Nagase, Youki Kudoh
Trio of stories. *1989, 106 mins*
1.40am Looking For Langston
2.30 The Music of Chance
James Spader, Mandy Patinkin.
Drama. *1993, 94 mins*
4.05-6.00am The Arsenal Stadium Mystery
Leslie Banks, Greta Gynt
Vintage thriller. *1939, 82 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm You're a Sweetheart
Alice Faye, George Murphy, Ken Murray, William Gargan
Musical comedy. A Broadway producer conspires with a writer to come up with a publicity stunt that will boost the appeal of his new musical, when he learns that it clashes with a charity event. *1937, 96 mins*
9.00pm Doc
Stacy Keach, Faye Dunaway, Harris Yulin, Mike Witney
Western which re-tells the story of Wyatt Earp and Doc Holliday from a revisionist perspective. This particular account tears away much of the romanticism attached to the two men and deals with the subject matter in a more psychological manner. *1971, 96 mins*
11.00 Nothing in Common
Tom Hanks, Jackie Gleason, Eva Marie Saint, Hector Elizondo
Lighthearted drama about a successful advertising executive who finds himself having to console his father. *1986, 113 mins*
1.15am Blood Beast Terror
Peter Cushing, Robert Flemyng
Horror. *1967, 80 mins*
2.45 Without a Trace
Drama. *Kate Nelligan, Judd Hirsch 1983, 121 mins*
5.00-7.00am The Last Wagon
Western. *1956, 99 mins*

MORNING

3.00 PM

NIGHT TIME

12.00

FRONT ROW

SCREENING WHEN YOU'RE GOOD AND READY

WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

TWIN DRAGONS
Rating 12, 86 mins
Action comedy thriller. A case of mistaken identity brings two brothers – one a martial arts expert in Hong Kong, the other a musician in New York back together. Stars Jackie Chan.
T/C: Action comedy. BL: Infrequent, mild. S/N: Infrequent, mild references. V: Occasional, moderate, comic.
6.45pm, 8.30pm, 10.15pm, 12midnight, 1.45am, 3.30am

Channel 53

THE MATRIX
Rating 15, 131 mins
Sci-fi thriller. A young man, who has been searching for truth all his life, finds himself in a sinister world of virtual reality where the truth can be dangerous. Stars Keanu Reeves, Carrie-Anne Moss and Laurence Fishburne.
T/C: Sci-fi, adventure, virtual reality.
BL: Occasional, mild.
S/N: None.
V: Frequent, strong, fantasy.
6.30pm, 9.00pm, 11.30pm, 2.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon 10.00 Pokémon 10.30 The Simpsons Text 11.00 World Wrestling Federation – Smackdown 1.00pm Xena – Warrior Princess 2.00 Mega Babies 2.30 Godzilla

3.00 Mummies Alive
Object of His Affections
Talos falls in love with a statue.
3.30 Pokémon
Mystery at the Lighthouse
The team visit a lighthouse.
4.00 Pokémon
Electric Shock Showdown
The team reach Vermilion City.
4.30 Pokémon
Battle Aboard the St Anne
The team are lured into a trap.
5.00 Star Trek: Voyager
Retrospect
An arms dealer triggers a disturbing memory from the past when Seven of Nine is hypnotised. Text
6.00 Hercules: Legendary Journeys
One Fowl Day
Hercules deals with the magical transformation of his pig friend into a woman.
7.00 The Simpsons
Wild Barts Can't Be Broken
The Springfield kids rebel. Text
7.30 The Simpsons
Homer Simpson in Kidney Trouble Text
8.00 Star Trek: Voyager
Tsunkatse
Seven of Nine is forced to participate in a Tsunkatse match, a vicious fight to the death on an alien planet. Text
9.00 When Good Pets Go Bad
This special features shocking footage of animals behaving badly, including a huge boa constrictor eating a dog. Text
10.00 Red Light Girls
A compelling documentary series which accesses the hidden lives of vice girls the world over. This global series shows real women in the oldest profession. Text
11.00 Uncut! Yanky Panky
More tongue-in-cheek entertainment with transvestite comedian Chris Green (alias Tina C).

12midnight Star Trek: Voyager
Retrospect Text
1.00am New York Undercover
Brown Like Me
When an innocent victim is caught in the crossfire of a gang war, two of the cops pose as members of rival gangs in order to help bring down the killers. Text
2.00-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am Yes, Prime Minister Text 6.30 Goodnight Sweetheart Text 7.05 Crossroads 7.30 Dynasty 8.25 EastEnders Text 9.00 The Bill Text 9.30 The Bill Text 10.00 The House of Eliott 11.00 Knots Landing 11.55 Neighbours 12.25pm EastEnders Text 1.00 Dangerfield 2.00 Knots Landing

3.00 The Bill
It's Good to Talk
An accidental phone call sparks a kidnap victim search. Text
3.30 The Bill
Split Second Text
4.00 EastEnders
Love is in the air for the Jackson household. Text
4.35 Neighbours
Lauren has a serious fall. Doug's new job is less than successful.
5.00 'Allo 'Allo!
Plans are made to swap an eel for a dogfish containing ten million francs. Text
5.40 Bread
Sitcom. Grandad receives a valuable gift from Jack and Adrian on his birthday. Text
6.20 The Brittas Empire
The Old, Old Story
Sitcom. A serial killer may be on the loose at the leisure centre.
7.00 Just Good Friends
Bittersweet sitcom. Penny decides to teach Vince a lesson with the help of her friend Elaine.
7.40 Birds of a Feather
Porridge
Sitcom. Sharon is barred from her home and Dorien has blackmail in mind. Text
8.20 Kiss Me Kate
A client offers to introduce Kate to her all-time idol. Text
9.00 Casualty
Love over Gold – Part II
The Accident and Emergency team wait anxiously for news of George and Josh. Meanwhile, Sam finds himself in a far more dangerous situation. Text
10.10 Real Women
Drama about female friends. Janet and Mandy get some startling news and Susie meets a new man. Karen has a violent confrontation at her school.
11.15 Murder Most Horrid
Dead on Time
A not-so-grim Reaper is ordered to perform more creative reaping.
11.55 The Bill Text

12.30am The Bill Text
1.00 Casualty
2.10 EastEnders Text
2.45 Real Women
3.45 Whatever Happened to the Likely Lads?
4.15 Whatever Happened to the Likely Lads?
4.50 Kiss Me Kate Text **5.25-6.00am Birds of a Feather** Text

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 Plastic Fantastic 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich

Compelling and personal talk show dealing with emotional conflicts.

3.20 Relationship SOS
A programme giving advice on relationship problems.
3.50 Forgive or Forget
Host Mother Love deals with real problems in a variety of relationships and tries to help resolve them.
4.40 Oh Baby
American sitcom about a successful single mother.
5.05 Streetmate
Davina McCall scours the country pairing up single people.
5.35 Ready, Steady, Cook
Top chefs compete against the clock to create exciting recipes.
6.10 The Jerry Springer Show
Outrageous American talk show with heated discussion about relationship and lifestyle issues.
7.00 Judge Judy
The New York City family court judge presides over a series of real-life cases and conflicts.
7.30 Will and Grace
Sitcom about two roommates.
8.00 Charmed
Drama series. Three sisters move into a San Francisco house left to them by their grandmother and find they have inherited her powers of witchcraft as well.
9.00 FILM: Seeds of Deception
Melissa Gilbert, Shanna Reed, Tom Verica, Shannon Lawson
Tense drama about a young woman whose faith in a successful doctor is shattered when his sperm donor programme is revealed to be a deceptive sham. *1994*
10.50 Secret Suburbia
A look at how some seemingly ordinary suburban residents lead extraordinary lives behind their discreet net curtains.
11.20-12midnight Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Shopping Across the UK 6.30 The Odd Couple 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 The Lovers 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

3.00 Boon
Never Say Trevor Again
A gangster must be nailed and a boy needs help when his mother decides to marry his best friend. With Michael Elphick.
4.00 Kojak
Letters of Death
Police drama series. A model finds herself the centre of attention as people around her are mysteriously murdered.
5.00 Hart to Hart
The Man with Jade Eyes
Crime thriller series. A Buddhist statue left by a dying man leads to an Oriental world of intrigue and murder.
6.00 Emmerdale
The village remembers its dead with a memorial service. Text
6.30 Classic Coronation Street
Susan has big ideas. Text
7.00 Sorry!
Dream Time
Anything can happen in a dream.
7.30 Robin's Nest
The Maternal Triangle
Robin has to meet Vicky's mother.
8.00 Boon
Honourable Service
The minder and odd-job man gets involved with the fire service again as he tracks down a fireman turned arsonist.
9.00 Kojak
Caper on a Quiet Street
An out-an-out loser is the only lead to recovering $6 million of stolen money.
10.00-11.00pm Taggart
Ring of Deceit – Part I

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Big Bang
Spectacular motoring stunts and amazing escapes.
11.30 Ice with Jordan
Motoring series presented by Vanilla Ice and Jordan.
12midnight 2 Wheels
The weekly biking magazine.
12.30am Motor Week
Magazine series which looks at the motoring industry.
1.00 Motorsport Mundial
A behind-the-scenes look at motorsport around the world.
1.30-2.00am Crash and Burn
Footage of car and bike smashes.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Classic Toons 10.35 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Classic Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
The undersea adventures of the beautiful mermaid. Text
3.30 Sabrina
Animated series. Text
3.55 Art Attack
The award-winning innovative art show encourages everyone to be an artist. Text
4.30 Recess
Animated series from the creators of *Rugrats*.
5.00 Miami 7
Pop band S Club 7 star as themselves in a hit series. Text
5.30 Smart Guy
Primary Brothers
TJ runs for student council. Text
6.00 Boy Meets World
Getting Hitched
Cory and Topanga play the engagement game. Text
6.30 Microsoap
Fun-filled kids' sitcom. Text
7.00 FILM: Secret of Nimh 2
Voices of Dom Deluise, Jamie Cronin
Animated sequel. The mice of Thorn Valley have a new young hero. Text *1992*
8.10 Honey, I Shrunk the Kids: The TV Show
Honey, I'm Going to Teach You a Lesson Text
8.55 Flipper
Live action marine adventure with TV's famous dolphin. Text
9.35 Dinosaurs
Prehistoric animatronics from Jim Henson, which take a look at life's everyday problems. Text
10.00 Home Improvement
Comedy double bill. Text
11.00 Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

MONDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

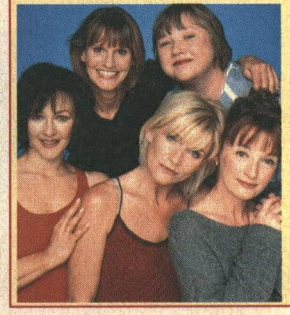
The Mummy
Front Row see listings for details
Director Stephen Sommers jettisons the brooding atmosphere and measured pace of the 1932 movie starring Boris Karloff, in favour of brisk Boys' Own thrills. Brendan Fraser makes a rugged matinee-idol hero, and Rachel Weisz is the delightfully dizzy love interest.

GENERAL

New Daytime Line-Up
Sky One from 7.30am
The new daytime schedule is launched today just in time for the school holidays. Starting with *Mega Babies* at 7.30am, other morning highlights include a *Pokémon* triple bill from 9.00am, *The Simpsons* at 10.30am, *WWF* at 11.00am and Godzilla at 8.00am and 2.30pm.

ADVERTISEMENT

UK GOLD



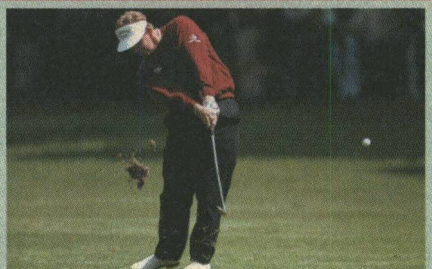
REAL WOMEN 10.10PM
The girls are back after eighteen months and their lives have changed dramatically. Michelle Collins, Pauline Quirke and Frances Barber head the cast in Susan Oudot's funny, sad, sexy and downright unforgettable sequel to her best-selling novel.

Monday 17 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM MORNING	**7.30am Rowing** **8.30 Cycling** **10.00 Football – LIVE** European Under-18 Championship coverage. **11.45 Athletics** European Cup Super League highlights from Gateshead. **1.45pm Athletics** Action from the US Olympic Team Trials 2000 held in Sacramento, USA.	**7.00am Gillette World Sport Special 7.30 World Wrestling Federation – Classics 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Johnny Mowlem Porsche Travels 10.00 Super League 12noon Aerobics Oz Style 12.30pm Gillette World Sport Special 1.00 Schoolboy International: England v Brazil**	**7.00am Aerobics Oz Style 7.30 Racing News 8.00 Ford Golf USA: Ford Senior Players' Championship 10.00 Ford Golf USA: Greater Milwaukee Open 12noon Rugby Union: Fuller's International Beach Rugby Challenge 1.30pm Motor Racing: NASCAR Busch – Nazareth 200** Lap up some high-speed thrills and spills from the NASCAR Busch series. Drivers to watch out for include Matt Kenseth, Jeff Green and Todd Bodine.	**12noon Pool: Embassy World Eight Ball Pool – Men's Quarter-Final** More action from the men's quarter-final stages. **2.00pm Super League** Catch up with all the latest twists and turns from the bone-crunching world of Super League V. Bradford, St Helens and Wigan were running away with the championship at the half-way stage and one of these sides is likely to finish top of the pile at the end of the season.	**8.00am Battlestar Galactica 9.00 Land of the Giants 10.00 Swamp Thing 10.30 Swamp Thing 11.00 The Six Million Dollar Man 12noon Babylon 5 1.00pm Amazing Stories 1.30 Amazing Stories 2.00 Battlestar Galactica** *Murder Aboard the Rising Sun*	**6.00am Select MTV 9.00 Bytesize MTV 12noon MTV Hits** The latest chart-toppers. **12.30pm Weekend Edition 1.00 MTV Hits** Uninterrupted music videos featuring the latest from the MTV playlist. **2.00 European Top 20** A look at what's happening on the Continental charts.
3.00 PM	**3.00 Cycling** Highlights of yesterday's stage of the Tour de France, plus reactions, interviews and statistics.	**3.00 Golf: European Skills Challenge** Golfing action from this year's European Skills Challenge which takes place on the 18th hole of the East Course at Wentworth. Andrew Castle and Richard Boxall provide the commentary.			**3.00 Sightings** More extraordinary real-life stories which appear to involve luck, superstition, UFOs or near-death experiences.	**3.00 Bytesize MTV** A fast-cut window into the world of music television, featuring excerpts from MTVs around the world.
4.00 PM			**4.00 Total Sport Power** Sports magazine show. **4.30 Telegraph Action Sport** Extreme sports show.	**4.00 Australian Rules Football** More dynamic action from the rough-and-tumble world of the Australian Football League as 16 teams, including the Brisbane Lions, Western Bulldogs and the mighty Kangaroos, compete in an exhausting 22-match Premiership season.	**4.00 Land of the Giants** *On a Clear Night You Can See Earth* Two of the travellers are captured by a mad giant.	**4.00 Select MTV** Live and direct from London, bringing you your requests on the regular MTV video jukebox.
5.00 PM	**5.00 Football** Coverage from Germany of the first day of the European Under-18 Championship.	**5.00 World Wrestling Federation – Classics** Relive more rough-and-tumble action from some classic WWF events of recent years.	**5.00 World Tenpin Masters** Bowling coverage from the Milton Keynes Shopping Centre as key talents battle it out on the alleys.		**5.00 Swamp Thing** *Sonata* Dr Fisk is intrigued when she meets a mystery man. **5.30 Swamp Thing** *Dead and Married*	
6.00 PM	**6.30 Stunts** *And They Walked Away* Some examples of amazing escapes against the odds.	**6.00 Sky Sports Centre 6.30 The Winning Post: Windsor/ Wolverhampton – LIVE** Horse racing coverage from Windsor and Wolverhampton.	**6.00 Horsepower** Keep up to date with the latest equestrian action from Ireland. **6.30 World Football Show**	**6.00 International Bowls: Australia v Scotland – Singles**	**6.00 The Six Million Dollar Man** *Return of the Robot Maker* A robot duplicate of Oscar Goldman is used in a plot to destroy Steve Austin.	**6.00 Bytesize MTV** Another non-stop barrage of highlights from MTV stations all over the globe, in short soundbites.
7.00 PM	**7.00 Truck Sports** First round action from the 2000 Europa Truck Trial in Mohlnice, Czech Republic.		**7.00 Golf: European Skills Challenge** Golfing action from this year's European Skills Challenge which takes place on the 18th hole of the East Course at Wentworth. Andrew Castle and Richard Boxall provide the commentary.		**7.00 Amazing Stories** *Fine Tuning* **7.30 Amazing Stories** *Mr Magic* An ageing magician obtains a magic pack of cards.	**7.00 MTV Hits** A number of exclusives, providing viewers with the latest hits from the stars.
8.00 PM	**8.00 Athletics** Highlights from Sacramento of the third day of the US Olympic Team Trials 2000.	**8.30 Ringside Special – LIVE** Paul Dempsey introduces championship action featuring two more up-and-coming pugilists.		**8.00 Pool: Embassy World Eight Ball Pool – Men's Quarter-Final**	**8.00 The Crow: Stairway to Heaven** *Brother's Keeper* Draven's brother is back in town and, as always, up to his neck in trouble.	**8.00 Hit List UK** Cat Deeley presents the latest rundown of the chart movers, the new entries and the latest number one.
9.00 PM	**9.00 Cycling** Highlights of yesterday's stage of the Tour de France, plus reactions, interviews and statistics.		**9.00 Wheelbase Club** Motorsport magazine for aspiring enthusiasts.		**9.00 First Wave** *Ohio Players* Cade Foster visits a mid-western town to look into the possibility of an alien mind-control experiment.	**9.00 Daily Edition** The latest news from the world of showbiz. **9.30 Celebrity Death Match** Clay combatants slug it out.
10.00 PM		**10.30 Sky Sports Centre 10.45 World Football Show** A round-up of the best in global soccer action.	**10.00 World Motor Sport** Another edition of the show that gets to the very heart of the motor racing experience, offering a comprehensive round-up of the biggest and most exciting meetings. **11.30 Wheelbase Club** Motorsport magazine.	**10.00 Shell's Wonderful World of Golf: Beard v Arda** A head-to-head challenge held at the Medinah Country Club in Illinois. **11.00-11.30pm Cue Masters: Ebdon v O'Sullivan** A classic match from the 1993 Dubai Championship.	**10.00 FILM: Monolith** *Bill Paxton, Lindsay Frost, John Hurt, Louis Gossett Jr* Sci-fi action thriller. While investigating a young boy's murder, a pair of bickering detectives accidentally stumble upon a sinister government secret. An alien entity has landed on Earth – apparently with hostile intent. *1993*	**10.00 The Tom Green Show** Anarchic comedy and variety show. **10.30 Loveline USA** US phone-in show.
11.00 PM	**11.00 Motorsports** *Formula* Motorsport magazine.	**11.15 World Tenpin Masters** Bowling coverage from the Milton Keynes Shopping Centre as key talents battle it out on the alleys.				**11.00 brand:new Live: No Doubt** NEW A live performance by Gwen Stefani and her bandmates, showcasing new and old material.
12.00 NIGHT TIME	**12midnight-12.30am Trial** Eighth round action from the World Championships held in Valdeblore, France.	**12.15am Sky Sports Centre** Latest sporting news. **12.30 Golf: European Skills Challenge 2.30 Ringside Special** Action featuring two more up-and-coming pugilists. **4.30-4.45am Sky Sports Centre**	**12.30am Telegraph Action Sport 1.00 Telegraph Action Sport 1.30 Total Sport 2.00 Horsepower: Ireland 2.30 International Bowls: Australia v Scotland – Singles** **4.30-4.45am Sky Sports Centre**		**12midnight Lexx** *The Net* **1.00am FILM: Halloween II** *Jamie Lee Curtis* Horror thriller sequel. *1981* **2.45 Sci-Focus Special** Inside a sci-fi blockbuster. **3.00-4.00am Babylon 5** *The Hour of the Wolf*	**12midnight Superock** The latest releases from the world of rock and metal. **1.00am-6.00am Night Videos** A selection of music videos, charts and features to take you through the small hours.

GOLF: EUROPEAN SKILLS CHALLENGE
SKY SPORTS 1 3.00PM, 12.30AM

Golf fans like nothing more than to see the pros make the game look easy. This regular pre-tournament competition, with a £90,000 first prize, gets top players like Europe's number one Colin Montgomerie (pictured), the enigmatic Spaniard Seve Ballesteros and France's Jean Van de Velde driving, chipping and putting against each other in a series of set-up situations. This competition took place at Wentworth before the PGA Championship and is one for the connoisseurs of the game.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Voluptuous Vixens II 11.15 Intimate Sessions 12midnight Freeview 12.12am Adult Feature 12.20 Twins Behaving Badly 12.50 FILM: Prelude 2.10 Girls About Town 2.25 FILM: Public Affairs 3.50-4.00am Strip

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Double Agent 12.40 FILM: Sinful Desire 1.00am The Five Minute Freeview 1.05 FILM continues 1.55 The Servant 2.20 FILM: Rehearsal 3.30-4.00am Her Fantasy

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Monday 17 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
11.00 Bob Mills Big 80's
12noon Behind the Music: Lionel Richie
1.00pm Greatest Hits: Spandau Ballet
1.30 Pop-Up Video
2.00 Jukebox
The show that turns your TV into a music video jukebox.

3.00 How Was it for You? – Jonathan King
Bob Mills chats to Jonathan King about his memories of rubbing shoulders with the Eighties glitterati.
4.00 The Millennium Classic Years: 1985
The hits and headlines from the year that Mikhail Gorbachev came to power in the Soviet Union.
5.00 Ten of the Best: Carol Decker
The flame-haired T'Pau frontwoman picks her top ten videos of all time.
6.00 Video Timeline: Sting
A look at the star's distinguished career so far.
6.30 Greatest Hits: Spandau Ballet
7.00 Top Ten
A rundown of the VH1 playlist featuring the hit tracks of the moment.
8.00 The Millennium Classic Years: 1980
The hits and headlines from the year that John Lennon was killed outside his New York apartment.
9.00 The VH1 Album Chart Show
Paul King presents the biggest-selling albums of the week in the UK.
10.00 Behind the Music: The Police
The story of the legendary 'white reggae' band which catapaulted Sting to international stardom.
11.00 Talk Music
Pip Dann and Mark Ellen present the latest music news and reviews.
11.30 Greatest Hits: Spandau Ballet
12midnight Ed Sullivan's Rock'n'Roll Classics
The original live music show.
12.30am Video Timeline: Sting
1.00 Hey, Watch This!
2.00 VH1 Country
2.30 Soul Vibration
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
1.00 Harry's Practice
1.30 Harry's Practice
2.00 Pet Rescue
Follow the fortunes of abandoned animals.
2.30 Kratt's Creatures
The Who's Who Show
With Chris, Martin and Allison Kratt.
3.00 Good Dog U
Canine obedience show with Joel Silverman.
3.30 Good Dog U
Joel Silverman gives advice on dog training.
4.00 Animal Planet Unleashed
Howie Watkins meets a hearing dog.
4.30 Croc Files
With Steve and Terri Irwin.
5.00 Pet Rescue
With Wendy Turner.
5.30 Going Wild with Jeff Corwin
New Mexico – Gila National Forest
6.00 The Aquanauts
Marine explorers look for the legendary pink dolphin.
6.30 Croc Files
Steve and Terri Irwin have to relocate their alligators.
7.00 Champions of the Wild
Dolphins with Diane Claridge
7.30 Champions of the Wild
8.00 Animal Detectives
Bears
8.30 Animal Detectives
Whales
9.00 Crocodile Hunter
Reptiles of the Deep – Sea Snakes
Steve Irwin dives among some of the world's most venomous snakes.
10.00 The Big Animal Show
Cats
10.30 The Big Animal Show
Marsupials
11.00 Emergency Vets
Another visit to Alameda East Veterinary Hospital.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

Valentina Harris hosts 'Cucina Valentina'. Carlton Food Network 12.30pm

ITV2
ACCESS PACK

4.00pm Trisha
More heartwarming and hair-raising true stories in a double bill of the chat show with Trisha and a studio audience. Text
6.00 The Extremists
6.30 The Extremists
7.00 F1 Highlights
Highlights of the Austrian Grand Prix, with commentary by Murray Walker and Martin Brundle.
8.00 Sunset Beach
Annie holds Ben hostage at gunpoint and Michael finds himself involved in Vanessa's business.
8.50 Chart Choice
9.00 Grafters
The house is nearly finished but the brothers' business is in tatters. Laura realises that she must choose between Paul and Joe. Text
10.00 Coronation Street
Tonight's ITV episode. Text
10.30 Nuts and Bolts
Welsh drama set in a small fictional town.
11.00 The Jerry Springer Show
Outrageous US talk show discussing unconventional relationship issues.
11.50 Late Show with David Letterman
Top-rated chat show with major celebrity guests.
12.40am Freaky Stories
Ghoulish animation.
12.50 The Extremists
1.20-1.50am The Extremists

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Our House 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 Fantasy Rooms 11.30 Repair to Remember 12noon Good Living 12.30pm Style Challenge 1.00 Wine World 1.30 Ready, Steady, Cook 2.00 Front Gardens 2.30 BBC Gardener of the Year
3.00 Garden Stories
Partnership
A look at couples who are both gardening fanatics.
3.30 Ground Force
With Alan Titchmarsh.
4.00 Stefan's Garden Roadshow
Help and advice on gardening dilemmas.
4.30 Good Living
Lifestyle series.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms Down Under
Presented by Suzie Wilks.
6.00 The Antiques Inspectors
Carol Vorderman and *Antiques Roadshow* experts go on a nationwide tour of home visits.
7.00 Real Rooms
Bradford Cottage
Makeover show.
7.30 Change That
Interior design roadshow presented by Mark Curry.
8.00 Style Challenge
Fashion experts give people dream makeovers.
8.30 à la mode
Shebah Ronay lifts the lid on the hottest fashions.
9.00 Rick Stein's Seafood Odyssey
Cookery show.
9.30 Antiques Roadshow US
Among the items examined today is a silver tea set bestowed as a gift by the Czar of Russia.
10.30 House Invaders
The show in which homes are given cheap facelifts.
11.00 Garden Magic
Instant solutions to gardening dilemmas.
11.30 Gardeners' World
Gardening magazine.
12midnight Ground Force
Experts perform makeovers of viewers' gardens in just two days.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki offers help and advice on a range of gardening dilemmas.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Coastermania 7.50 Sea Trek 8.20 Rolf's Amazing World of Animals 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.15 Life on Earth 11.15 The Deep 12.15pm Rolf's Amazing World of Animals 12.45 City Hospital 1.45 Doctors at Large 2.15 Doctors at Large 2.45 Coastermania
Documentary giving a whirlwind tour of the biggest, fastest, highest and wildest roller coasters in the world.
3.45 Vets to the Rescue
Stories of pets in need with vet Trude Mostue.
4.20 Vets in Practice
A Family Affair
Vets' School spin-off series.
4.50 Animal Hospital
Catch up with the action at the Harmsworth Hospital for sick pets in North London.
5.25 Children's Hospital
Real-life medical drama.
5.55 City Hospital
Gaby Roslin and her team of co-presenters report on life at Southampton General Hospital.
6.55 Learners
Fly-on-the-wall series about learning to drive, Australian-style.
7.30 Chopper Coppers
Series looking at the élite police helicopter units.
8.00 Vets in Practice
A Family Affair
Vets' School spin-off series.
8.30 Children's Hospital
Real-life medical drama.
9.00 Paddington Green
Series following the lives of people in West London.
9.35 Ross Kemp – Alive in Alaska
The former *EastEnders* hard man takes a survival course in Alaska.
10.35 Coastermania
A whirlwind tour of the biggest and fastest roller coasters in the world.
11.35 Living with the Enemy
Fly-on-the-wall series. Text
12.05am-1.00am Clash of the Titans

UK PLAY:
1.00am Shooting Stars 1.30 Fast Show 2.05 Vic Reeves Examines 2.35 Reeves and Mortimer 3.10 Soundtrack to My Life 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Funny Noise 4.45 Hey DJ 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Cooked in a Flash 9.30 Ideal Home Cooks 10.00 Slice of Life 10.30 Simply Baking 11.00 Flash in the Pan 11.30 Nancy Lam's Wok Wiz 12noon Antony's Scotland 12.30pm Cucina Valentina 1.00 Coxon's Kitchen College 1.30 Five-Star Cooking 2.00 Food Network Daily 2.45 Quick Cooks
3.00 Jenny Bristow – Cooked in a Flash
Quick, healthy recipes.
3.30 Tessa's Tastebuds
Peppercorn
4.00 Simply Baking
Custards
With Andrew Nutter.
4.30 Ideal Home Cooks
With Nanette Newman.
5.00 Superchefs
5.30 Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm In Season

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Rhythms of Life
A look at how the rhythms of the sun and the moon impact on the daily lives of plants, animals and people.
8.00 Diving with Seals
See how seals fare in their underwater world.
8.30 Treks in a Wild World
Hawaii, Alaska
9.00 A Microlight Odyssey
9.30 Everest: Into the Death Zone
A climber attempts to scale Everest from sea-level.
10.00 Poles Apart
Follow the fortunes of a two-man British team racing against a rival Norwegian expedition to reach the North Pole in 1990.
11.00 Perfect Mothers, Perfect Predators
A profile of two of Africa's greatest predators, the cheetah and the leopard.
12midnight-1.00am Braving Alaska
Meet four families who call Alaska their wilderness home and who are as rugged and independent as America's early pioneers. Narrated by Martin Sheen.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
The bearded prankster preys upon more unsuspecting members of the public.
7.30 Winner Takes All
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
Contestants face mental and physical challenges.
4.00 Say the Word
4.30 Move On Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Grassroots 7.00 The Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 These Four Walls 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Grassroots 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country – Eastern Europe 11.10 Space Invaders 11.40 Home Savvy 12.10pm How to with B &Q 12.15 Hometime 12.45 Classic This Old House 1.15 New Yankee Workshop 1.45 Home Again with Bob Vila 2.15 How to with B & Q 2.20 The House Doctor 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am High Adrenalin Action 10.30 Ibiza 2000 11.00 That Film Show 11.30 World Wind Surf 12noon Surf Film 1.00pm Byte Me 1.30 High Adrenalin Action 2.00 Boardstupid 2.30 Byte Me 3.00 buzz:tracks 4.00 High Adrenalin Action 4.30 Chilli Factor 5.00 e-trippers 5.30-6.00pm Hip Hop Special

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Monday 17 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

3.00 PM

DISCOVERY
WORLD PACK

4.00pm Rex Hunt Fishing Adventures
Rex goes fishing off the Cape York peninsula
4.30 Discovery Today
Science magazine.
4.00 PM

5.00 Lost Treasures of the Ancient World
Ancient Greece
Observe the beauty of the Acropolis, Delphi, and the Temple of Zeus.
5.00 PM

6.00 Profiles of Nature
Wolves of the Americas
A study of the sub-species of wolf that have evolved from a common ancestor.
6.00 PM

7.00 Future Tense
Fertility
An investigation into human reproductive technology.
7.30 Discovery Today
Science magazine.
7.00 PM

8.00 Lonely Planet
Deep South
Ian Wright's trip takes in the Smoky Mountains, Nashville, Alabama, Atlanta and Memphis.
8.00 PM

9.00 Tornado
Awesome Force
Dramatic reconstructions and footage of some of the most fearsome tornados of recent times.
9.00 PM

10.00 Buildings, Bridges and Tunnels
Skyscrapers – Going Up
A look back over the century-long history of the skyscraper.
10.00 PM

11.00 Race for the Superbomb
Learn about the race between the USA and the Soviets to develop the first hydrogen bomb.
11.00 PM

12midnight Time Team
Birmingham
The team attempts to locate an important Industrial Revolution site.
1.00am Wonders of Weather
Deserts
1.30-2.00am Discovery Today
12.00 NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30 Dexter's Laboratory
4.00 The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30 Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Johnny Bravo
The bequiffed egomaniac returns for more preening and posturing.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Hang out with the cavemen behaving badly in Bedrock.
7.00 Scooby-Doo
7.30 Looney Tunes
8.00 Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm The Brothers Karamazov
Yul Brynner, Maria Schell, Claire Bloom, Lee J Cobb
Period drama, based on the Fyodor Dostoevsky novel, which examines the effect of the death of a domineering father on his disparate offspring. One son is a hedonist, the second a scholar, the third a religious zealot and the fourth an epileptic. *1958*
12midnight-1.00am Warner Bros – 75 Years of Comedies

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

NICKELODEON
FAMILY PACK

7.00am Transylvania Pet Shop 7.30 Transylvania Pet Shop 8.00 Ren and Stimpy 8.30 Ren and Stimpy 9.00 Kenan and Kel 9.30 Kenan and Kel 10.00 Sister Sister 10.30 Sister Sister 11.00 Cousin Skeeter 11.30 Cousin Skeeter 12noon Rugrats 12.30pm Rugrats 1.00 Rugrats 1.30 Rugrats 2.00 Rugrats 2.30 Rugrats

3.00 Rugrats
More fun with the nippers and their wild imaginations.
3.30 Rugrats
4.00 Kenan and Kel
The adventures of two funky friends.
4.30 Kenan and Kel
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 Caroline in the City
8.00 Ellen
Witness
Ellen is recruited to play the witness in a mock trial.
8.30 Just Shoot Me
Elliott the Greek
9.00 Married... with Children
Whose Room is it Anyway?
9.30 Cybill
Where's a Harpoon When you Need one?
10.00 Frasier
The 1000th Show
Frasier celebrates his 1000th radio show.
10.30 Harry Hill
Surreal comedy.
11.00 Vic Reeves Big Night Out
11.30 Cheers
Woody or Won't He?
Woody's is chased by his girlfriend's mother.
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio
1.35 Duckman
2.00 DiResta
2.30 Encore! Encore!
3.00 It's Garry Shandling's Show
3.30-4.00am Abbott and Costello

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

3.00 Diabolik
Fun with the cool cat.
3.25 Woody Woodpecker
3.35 Sailor Moon
Cult Japanese cartoon.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50 Mad Jack the Pirate
5.00 Monster Rancher
5.20 Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Special
7.00 Jewellery Shop!
Choose from a selection of jewellery in silver.
8.00 Home Shop!
8.30 Kitchen Shop!
Cooking tips and advice from chef Paul Brodel.
9.30 Sports Shop!
With Mr Motivator.
10.00 Shop! Special
Another opportunity to view some best-sellers.
2.30pm Shop! Special
Another opportunity to see some best-sellers.
6.00-7.30pm Shop! Selection
More best-sellers.

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows.
Saturdays: The best of the week and children's programming.
Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 CNN & TIME 10.30 Sport 11.30 Biz Asia 12.30pm CNNdotCOM 1.15 Asian 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Artclub 5.00 CNN & TIME 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia 1.45 Asia 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 Showbiz Weekly 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.00 News on the Hour 2.30 Sky Business Report 3.30 Showbiz Weekly
With Tania Bryer.
4.30 The Book Show
5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Sindbad 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Le Secret de Saint Junien 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Le Sport en Jeu 1.00 Journal 1.15 Le Secret de Saint Junien 3.00 Journal 3.15 Questions 3.30 Méditerranéo 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 C'est Mon Choix 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal 7.30 Journal et le Journal du Temps 8.00 Infos 8.05 Le Point 9.00 Journal 9.15 Cinéma: L'Ombre Rouge 11.00 Le Journal du Tour 11.30 Infos 11.35-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Ekas Ke Hum Barik 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Geet Baney Sangeet 12.30pm Junoon 1.00 Swabimaan 1.30 FILM 4.00 Darpan 4.30 Kakaji Kahen 5.00 Music Box 5.30 MTV Fresh 6.00 Tiger 6.30 Rajni 7.00 Swabimaan 7.30 News 8.00 Aarzoo 8.30 FILM 11.30 News 12midnight MTV Hitlist 1.00am FILM 4.00 Kakaji Kahen 4.30 Music Box 5.00 Chand Grehan 6.00 Bhakti Sagar 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Yaadein 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Hindu 7.30 Daily News 8.00 Zaike Ka Safar 8.30 Tara 9.00 Mehendi Tere Naam Ki 9.30 Basera 10.00 Karb 11.00 Jhat Pat Khana 11.30 Aangan 12noon FILM 3.00pm Hello Friends 3.30 Pride Ka Aashirwad 4.00 Raahat 4.30 Quiz Contest 5.00 Hum Paanch 5.30 Aangan 6.00 Pakistan Show Time 7.00 Hadd Kar Di 7.30 Top of the Tops 8.00 News 8.30 Chingari 9.00 Sa Re Ga Ma 10.00 Thriller at 10 10.30 Net Asia Up Beat 11.00 FILM 3.30am Hum Paanch 4.00 Daraar 4.30 Campus 5.00-6.00am My Choice

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Gospel Truth – Andrew Wommack 6.00 CMTV 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 Money Matters 8.20 Thought for the Day 8.30 Life in the Word 9.00 CMTV 9.30 Winning Ways 10.00 Israel Vision 10.30-11.00am The Dream Replay

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.30 Wall Street Report 3.00 Tokyo Live 3.30 Wall Street Report 5.00 US Market Report 5.05-6.00am Tokyo Live

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am North of Westminster 6.00 Midlands at Westminster 6.30 North Westminster 7.00 Dateline London 7.30 Around Westminster 8.00 Select Committees 2.30pm House of Commons 11.00 The Record 11.30-12midnight Dateline London

THE HISTORY CHANNEL
WORLD PACK

12noon The Viking Saga
The Era of the Longships
1.00pm The Tsar's Fabergé Eggs
2.00 Biography
Lenin
Follow the rise to power of the famous Soviet leader.
3.00 Fabulous Fortunes
Dynasties – Old Blood
3.30 Playback with Tony Benn
4.00 Smart Bombs
5.00 The Harrier Jump Jet
6.00 The Great Train Robbery
6.55 Photos for the Future II
7.00 Dunkirk Dilemma
Hear how an armada of small vessels helped to stage the famous World War II rescue.
8.00 Biography
Bonnie and Clyde
9.00 Great Crimes and Trials
Charles Whitman
9.30-10.00pm Great Crimes and Trials
The McKay Kidnapping

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion at 3.00pm.

Freemans

NO ONE BEATS US FOR FASHION

0800 900 200

quoting reference no.

D009

INTEREST FREE CREDIT*

Gossard

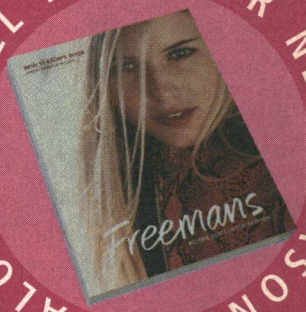
10% CASHBACK

M·O·R·G·A·N

FAST FREE DELIVERY

WAREHOUSE

CALL FOR YOUR NEW SEASON'S CATALOGUE



visit our website
www.freemans.com

*All orders subject to status. Written details of our credit offers are available on request. All Freemans credit accounts are only available to persons aged 18 years or over. We reserve the right to refuse an appplication/order.If your application for a catalogue is successful a credit account will be opened in your name. We search the files of credit reference agencies which record the search. We will use your information, including shopping patterns, to open and run your credit account and for our marketing. We may share your information with carefully selected third parties and we or they may contact you for marketing purposes by mail, telephone or e-mail. If you do not wish to be contacted directly by third parties for marketing purposes please tick this box. ☐

Our international catalogue is available for overseas/Eire customers.
Please send £6 for your copy.

Freemans PLC Registered Office:
139 Clapham Road, London, SW99 0HR.Registered in England No. 321643.

For your **new season's catalogue** just complete and return this coupon to:

FREEPOST, SF488, Sheffield S92 ZX
(No stamp needed)

D009

Mrs/Miss/Ms/Mr
(Block capitals please) (I am over 18)

Address

Postcode

Telephone
(Including area code)

Tuesday 18 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Journey
1997, rating Sky PG, 92 mins
7.40 The Adventures of Ragtime
1998, rating Sky U, 95 mins
9.20 The Horse Whisperer
Text *1998, rating Sky PG, 162 mins*
12.10pm Arthur's Quest
Arye Gross, Alexandra Paul
1998, rating Sky U, 84 mins
1.40 The Adventures of Ragtime
Shelley Long, Jay Thomas
Family comedy about a miniature pony with a gift for performing tricks.
1998, rating Sky U, 95 mins

3.20 Bedknobs and Broomsticks
Angela Lansbury, David Tomlinson, Roddy McDowall
Family adventure. An amateur witch plans to help the British war effort during World War II and her meddling takes her and the children she is caring for on a magical adventure to the bottom of the sea. *1971, rating Sky PG, 112 mins*
5.15 The Horse Whisperer
Robert Redford, Kristin Scott-Thomas, Sam Neill, Dianne Wiest
Romantic drama. An horrific riding accident leaves a young girl and her horse damaged both physically and psychologically. After hearing of a near-legendary rancher renowned for his empathetic approach to equine problems, the girl's mother takes her daughter to see him in the hope that he may be able to find a cure – ultimately for the whole family. Text *1998, rating Sky PG, 162 mins*
8.00 Practical Magic
Sandra Bullock, Nicole Kidman, Stockard Channing, Dianne Wiest
Supernatural romance. Two sisters from a long line of witches have powers which come at a price. The pair are cursed to have any man they fall in love with die, but decide to find the life they want despite the curse which hangs over them. Text *1998, rating Sky 12, DS, 100 mins*
10.00 Playing God
David Duchovny, Timothy Hutton, Angelina Jolie, Michael Massee
PREMIERE Thriller. A one-time surgeon's life spirals into chaos after he is struck off for the negligent death of a patient. Text *1997, rating Sky 18, 90 mins*
11.35 The Object of My Affection
Jennifer Aniston, Paul Rudd
Romantic comedy about an unusual bond between a woman and her gay flatmate. Text *1998, rating Sky 15, 107 mins*
1.30am Buffalo 66
Text *1998, rating Sky 15, 105 mins*
3.20 Sweeney Todd
Text *1997, rating Sky 15, 88 mins*
4.55-6.00am Directors: The Films of Zucker, Abrahams & Zucker

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am Mom, Can I Keep Her?
1998, rating Sky U, 87 mins
7.50 Amore!
1993, rating Sky PG, DS, 90 mins
9.30 Romantic Undertaking
1995, rating Sky PG, 95 mins
11.15 Wind Dancer
1993, rating Sky PG, 90 mins
12.55pm One Special Victory
John Larroquette, Kathy Baker
1991, rating Sky PG, 91 mins
2.35 Amore!
Jack Scalia, Kathy Ireland
Romantic comedy. A jaded banker abandons his career and marriage to go to Hollywood and become an actor, but finds himself taking new directions when he meets and falls in love with a down-to-earth writer.
1993, rating Sky PG, DS, 90 mins

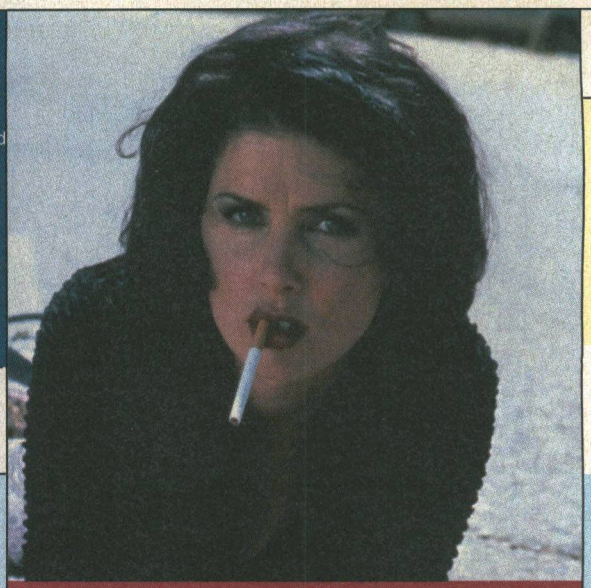
4.15 Wind Dancer
Mel Harris, Matt McCoy, Raeanin Simpson, Brian Keith
Drama based on a true story, about a young girl who falls silent after a horse riding accident. In an attempt to cure her, she is sent to a ranch where it is hoped the bond between her and a stallion will have a therapeutic effect.
1993, rating Sky PG, 90 mins
6.00
The Long Island Incident
Laurie Metcalf, MacKenzie Astin, Peter MacNeill, Tyrone Benskin
Drama based on a true story. A woman campaigns for tougher gun legislation in America after her husband is killed during a shoot-out on a commuter train – a cause that sees her bidding for her own seat in Congress. *1998, rating Sky PG, 88 mins*
8.00 Freefall
Jaclyn Smith, Bruce Boxleitner, Scott Wentworth, Chad Everett
Tense action-thriller. An accident investigator must work in a race against time to avert an aeroplane disaster – a catastrophy engineered by a crazed and devious saboteur, who has undertaken to settle a tragic score with the world. *1998, rating Sky 15, 88 mins*
10.00 Flypaper
Robert Loggia, Illeana Douglas, Talisa Soto, Sadie Frost
PREMIERE Quirky crime caper. An estate agent battles to save his daughter from the clutches of a crazed admirer while simultaneously trying to stay one step ahead of the crooks trying to kidnap him. *1998, rating Sky 18, DS, 108 mins*
11.55 Circle of Deception
Kari Wuhrer, Farrah Forke
1999, rating Sky 18, 87 mins
1.30am Masters of Menace
1990, rating Sky 15, 93 mins
3.10 Taken
1999, rating Sky 15, DS, 93 mins
4.50-6.30am Romantic Undertaking
1995, rating Sky PG, 95 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm The Goddess
Kim Stanley, Lloyd Bridges, Joyce Van Patten, Patty Duke
Drama, based on the story of Marilyn Monroe, about an ambitious young woman from the middle of nowhere who becomes an overnight Hollywood sensation. But having attained her sought-after stardom, she discovers it fails to live up to her dreams.
1958, rating Sky PG, 101 mins
6.00 Rawhide
Tyrone Power, Susan Hayward, Hugh Marlowe, Dean Jagger
Western. A band of outlaws holds a group of hostages in a stagecoach station but soon discover that the hostages are preparing to fight back. *1951, rating Sky PG, 83 mins*
7.30
The Battle of the Bulge
Henry Fonda, Robert Ryan, Pier Angeli, Robert Shaw
War drama about the German counter-offensive in the Ardennes in the last months of World War II. The Germans plan a surprise attack by a secret division but encounter problems when they run short of fuel. Their subsequent attempt to capture an Allied fuel deposit proved to be one of the most dramatic events in the war. *1965, rating Sky PG, 142 mins*
10.00 Pretty Baby
Brooke Shields, Keith Carradine, Susan Sarandon, Frances Faye
Drama set in a New Orleans brothel. A 12-year-old girl is initiated into the ways of the world, by becoming a child prostitute and later marrying a much older photographer. *1978, rating Sky 18, 105 mins*
11.50 Banning
Robert Wagner, Anjanette Comer
Drama. *1967, rating Sky 15, 98 mins*
1.35am Less Than Zero
Andrew McCarthy, Jami Gertz
1987, rating Sky 18, 94 mins
3.15 Taffin
1987, rating Sky 15, 92 mins
4.55-6.00am The Directors:



Stuck on you: Sadie Frost attracts an overzealous admirer in the premiere of 'Flypaper'. Sky MovieMax 10.00pm

FILMFOUR
ADD-ON CHANNEL

6.00pm Brighton Rock
Richard Attenborough, Carol Marsh, Hermione Baddeley
Classic British thriller. A loathsome and baby-faced gangster becomes involved with an innocent young waitress in a bid to stop her talking about a journalist he's murdered. But his reign over his gang is challenged and he becomes more desperate and violent. Text *1947, 88 mins*
8.00 The Freshman
Matthew Broderick, Marlon Brando, Bruno Kirby, BD Wong
Comedy. An unworldly film student accidentally falls in with a gangster family upon arrival in New York. But it's only through his study of gangster films that the young student begins to realise exactly what kind of web he's found himself tangled up in.
1990, 98 mins
10.00 Pulp Fiction
John Travolta, Uma Thurman, Bruce Willis, Samuel L Jackson
Comedy thriller. This ensemble movie, Quentin Tarantino's second, features several strands that overlap. A hitman has to chaperone his boss's girlfriend, a boxer throws a fight and another hitman has a change of heart and decides to change his ways. Text *1994, 148 mins*
12.40am American Job
Randy Russell, Tom Wheeler
Satirical comedy. *1995, 91 mins*
2.15 Swing Blade
Spoof cinema trail.
2.25 Sling Blade
Drama. *1996, 129 mins*
4.40-6.00am Tonite Let's All Make Love in London
Documentary. *1967, 69 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm
Sally, Irene and Mary
Alice Faye, Tony Martin, Fred Allen, Joan Davis
Comedy about three star-struck young women who try to make it big in showbusiness while working in a manicure shop to make ends meet. Then one of them inherits an old ferry boat and they manage to turn it into a successful supper club. *1938, 72 mins*
9.00 Resurrection
Ellen Burstyn, Sam Shepard, Eva LaGallienne, Roberts Blossom
Drama about a woman who survives a car crash which kills her husband and then discovers that she has healing powers. However, her lover becomes mentally unbalanced and dangerous because she does not place the healings within a religious context. *1980, 103 mins*
11.00
The Last Picture Show
Timothy Bottoms, Jeff Bridges, Cybill Shepherd, Ben Johnson
Drama about a group of teenagers in a small Texas town whose cinema is about to close.
1971, 118 mins
1.15am Perfect
John Travolta, Jamie Lee Curtis
Drama. Widescreen *1985, 115 mins*
3.30 Turk 182!
Comedy. *1985, 98 mins*
5.15-7.00am Ride the Man Down
Cowboy drama. *1952, 90 mins*

MORNING

NIGHT TIME

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

TWIN DRAGONS
Rating 12, 86 mins
Action comedy thriller. A case of mistaken identity brings two brothers – one a martial arts expert, the other a musician back together. Stars Jackie Chan and Maggie Cheung.
T/C: Action comedy. BL: Infrequent, mild. S/N: Infrequent, mild references. V: Occasional, moderate, comic.
6.45pm, 8.30pm, 10.15pm, 12midnight, 1.45am, 3.30am

Channel 53

THE MATRIX
Rating 15, 131 mins
Sci-fi thriller. A young man, who has been searching for truth all his life, finds himself in a sinister world of virtual reality where the truth can be dangerous. Stars Keanu Reeves, Carrie-Anne Moss and Laurence Fishburne.
T/C: Sci-fi, adventure, virtual reality.
BL: Occasional, mild.
S/N: None.
V: Frequent, strong, fantasy.
6.30pm, 9.00pm, 11.30pm, 2.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play
7.30 Mega Babies
8.00 Godzilla 8.30 Mummies Alive
9.00 Pokémon 9.30 Pokémon
10.00 Pokémon
10.30 The Simpsons
11.00 World Wrestling Federation – Livewire 12noon Breaking The Magician's Code
1.00pm Xena: Warrior Princess
2.00 Mega Babies
2.30 Godzilla

3.00 Mummies Alive
Bird Mummy of Alcatraz
3.30 Pokémon
Pokémon Shipwreck
The friends are forced to join forces with Team Rocket.
4.00 Pokémon
Tentacool and Tentacruel
4.30 Pokémon
Bye Bye, Butterfree
Ash must face the fact that his creature may want to leave him.
5.00 Star Trek: Voyager
Vis-à-Vis
Kim detects an alien vessel close by as Steth, the only occupant aboard, makes contact with Janeway and her crew. Text
6.00 Veronica's Closet
Veronica's All Nighter
Ronnie's business is threatened.
6.30 Friends
The One with the Inappropriate Sister
7.00 The Simpsons
The Simpsons Spin-Off
Spin-off stories. Text
7.30 The Simpsons
Bart after Dark
Bart works at a burlesque house.
8.00 JAG
The Return
Harm returns to JAG and defends the SECNAV's son against charges of wilful disobedience.
9.00 World Wrestling Federation: Smackdown
Jim Ross, Michael Cole and Kevin Kelly host another bout of grappling action from the World Wrestling Federation circuit, featuring The Rock, The Undertaker and Triple H.
11.00 Toughman
San Angelo
Amateur fighters take on the hardened professionals in a three round contest.

12midnight Uncut! Yanky Panky
1.00am Star Trek: Voyager Text
2.00 New York Undercover Text
3.00 Long Play
A comprehensive selection of videos, charts and special features.
5.30-6.00am Long Play Special
The VJ-free music zone that brings you the music you want to see.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am 'Allo 'Allo! 6.30 Bread
7.05 Crossroads
7.30 Dynasty
8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Knots Landing
11.55 Neighbours
12.25pm EastEnders
1.00 Dangerfield
2.00 Knots Landing

3.00 The Bill
Old Fools
Grieg enlists two pensioners to help trap some burglars. Text
3.30 The Bill
Auld Lang Syne Text
4.00 EastEnders
Love is in the air at the Jacksons. Nellie is down in the dumps. Text
4.35 Neighbours
Lauren receives some bad news after her accident.
5.00 'Allo 'Allo!
Wartime sitcom. Text
5.40 Bread
Sitcom about a Liverpool family struggling to make ends meet. Adrian undergoes a character change. Text
6.20 The Brittas Empire
Blind Devotion
Leisure centre sitcom. Colin temporarily loses his sight after his garden explodes.
7.00 Just Good Friends
Bittersweet sitcom. Penny is rescued from a boring dinner with her estranged husband by a surprisingly chivalrous Vince.
7.40 Birds of a Feather
Rising Damp
Sharon's campaign to free Chris has unexpected results. Text
8.20 Kiss Me Kate
Speech
Office sitcom. Text
9.00 The Dark Room
Part one of a powerful psychological thriller about a successful photographer who emerges from a coma with no recollection of her life. She must face that she may have committed murder as the police open enquiries into the deaths of her ex-fiancé and his new lover.
10.45 Dangerfield
Lasting Relief
Drama series about a GP who also works as a police surgeon. Foul play is suspected after the death of a lung cancer patient from a drug overdose. Text
11.55 The Bill
12.25am The Bill Text
12.55 Casualty
2.00 EastEnders
2.35 Dangerfield
3.35 Whatever Happened to the Likely Lads?
4.10 Whatever Happened to the Likely Lads?
4.40 Dynasty
5.30-6.00am Angels

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Can't Cook, Won't Cook
7.00 Tiny Living 9.00 Brookside
9.30 Home and Away
10.00 The Jerry Springer Show
10.50 Forgive or Forget
11.40 Maury Povich
12.30pm Special Babies
1.00 She's Gotta Have It
1.30 Judge Judy
2.00 Streetmate
2.30 Maury Povich

3.20 Relationship SOS
Programme giving advice to people who need to revamp their relationships.
3.50 Forgive or Forget
Host Mother Love deals with real problems in a variety of relationships.
4.40 Oh Baby
Sitcom about a woman who had a baby by artificial insemination.
5.05 Streetmate
Davina McCall scours the country for single people with a view to finding them partners.
5.35 Ready, Steady, Cook
Two top chefs compete.
6.10 The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussions.
7.00 Judge Judy
A series of real-life cases presided over by outspoken New York court judge Judy Sheindlin.
7.30 Will and Grace
American sitcom.
8.00 Charmed
Drama about three sisters who move into a San Francisco house left to them by their grandmother – only to find they have inherited her powers of witchcraft as well.
9.00 FILM: Blind Judgement
Peter Coyote, Lesley Ann Warren, Jean Smart, Don Hood
Thriller about a man who has it all – a brilliant legal career and a wonderful marriage. But the moment he meets a client facing murder charges, his life becomes undermined by her increasingly psychotic behaviour. *1991*
10.50 Secret Suburbia
A look at some seemingly suburban residents and their extraordinary lives.
11.20-12midnight Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Shopping Across the UK 6.30 The Odd Couple 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 The Lovers 12noon Coronation Street 12.30pm Emmerdale 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

3.00 Boon
Honourable Service
Comedy-drama series. Boon gets involved with the fire service again as he tracks down a bent fireman turned arsonist.
4.00 Kojak
Caper on a Quiet Street
Police drama series.Kojak's only source of information as to where $6 million of stolen money is hidden is a down-and-out.
5.00 Hart to Hart
Colour Jennifer Dead
Crime thriller series. Jennifer plans to give Jonathan a portrait for their anniversary, but a shady speculator murders the artist.
6.00 Emmerdale
Sarah's new job puts her in an awkward position. Text
6.30 Classic Coronation Street
Susan starts at *The Recorder*.
7.00 Sorry!
Amaze Your Friends!
7.30 Robin's Nest
Piggy in the Middle
Vicky's father decides the restaurant needs decorating.
8.00 Boon
Peacemaker
Comedy drama. Margaret finds a runaway rock star, while Boon is on the trail of a man who's behind on his alimony payments.
9.00 Kojak
Tears for All Who Loved Her
A woman kills her husband, then tries to use her feminine charms to distract the police.
10.00-11.00pm Taggart
Ring of Deceit – Part II

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Jo Guest's Private Parts
Suacy late-night series.
11.30 Snow Bunnies
Erotic late-night series. See snow bunny feature girls strut their stuff and reveal some sexy ski footage.
12.30am Centrefolds
A fly-on-the-wall look at the adventures of a troupe of touring centrefolds.
1.00 E! Wild On...
Oktoberfest
1.50-2.00am Wicked Willie
Adult animated series.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Classic Toons 10.35 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
The undersea adventures of mermaid Ariel and friends. Text
3.30 Sabrina
Teen comedy. Text
3.55 Art Attack
Innovative art show hosted by Neil Buchanan. Text
4.30 Recess
Animated series about kids use the school's break to cope with the problems of growing up.
5.00 Miami 7
Pop band S Club 7 have their own TV series. Text
5.30 Smart Guy
Working Guy
Teenage comedy. Text
6.00 Boy Meets World
Road Trip
Cory and Shawn decide they need to get away. Text
6.30 Microsoap
Fun-filled kids' sitcom. Text
7.00 FILM: Mermaid
Ellen Burstyn, Samantha Mathis
PREMIERE Family drama about a girl who is distraught, believing her father's death to be her fault. In desperation she tries to send him a message by 'magic' balloon. *1999*
8.30 Honey, I Shrunk the Kids: The TV Show
Honey, It's Your Party
Sci-fi comedy. Three aliens gatecrash a party at the Szalinski house. Text
9.15 Flipper
Marine action adventure starring TV's most famous and best-loved dolphin. Text
10.00 Home Improvement
Comedy double bill. Text
11.00 Dr Quinn: Medicine Woman Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

TUESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
Battle of the Bulge
Sky Cinema 7.30pm
Director Ken Annakin, who proved he could skilfully handle huge ensemble casts in his previous film, the caper comedy *Those Magnificent Men in Their Flying Machines*, is in command of this starry, sprawling recreation of one of the key European battles of WWII.

GENERAL
The Dark Room
UK Gold 9.00pm
Ballykissangel's Dervla Kirwan stars in the third of this month's Minette Walters adaptations. In this unsettling tale she plays a photographer who wakes from a coma and promptly becomes the prime suspect when her fiance and his lover, her best friend, are both found dead.

ADVERTISEMENT
UK PLAY

VIC REEVES EXAMINES 9.40PM
Vic Reeves embarks on his first solo project without comedy partner Bob Mortimer in this unmissable new series made exclusively for UK Play. Exploring what makes Vic Reeves' mind tick, tonight's guest is Sarah Cawood discussing the topic of small people driving cars!

Tuesday 18 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM	**7.30am Athletics** Day four coverage of the US Olympic Team Trials 2000 in Sacramento. Today's action showcases the women's 400m hurdles and the men's long jump final. **8.30 Cycling** Highlights of yesterday's Tour de France action **10.00 Cycling – LIVE** Coverage of the sixteenth stage in the Tour de France. Today's stage follows a 196km ride over the alps to Courchevel-Morzine. The stage will be another climbing specialists' stage and the last big alp challenge for this year's tour.	**7.00am Sky Sports Centre** **7.15 World Wrestling Federation – Livewire** **8.15 Sports Centre** **8.30 Racing News** **9.00 Aerobics Oz Style** **9.30 World Football Show** **10.00 Golf: European Skills Challenge** **12noon Ringside Special** **2.00pm** **International Cricket: Triangular One-Day International – England v Zimbabwe – LIVE** Action from the latest match in the NatWest Series of one-day internationals. Hosts England face an up-and-coming cricket nation. Zimbabwe have some impressive players in their team including captain Andy Flower, his brother Grant, plus fast-bowler Heath Streak. David Gower introduces the coverage from Birmingham with commentary from Ian Botham, Bob Willis, Paul Allott, Michael Holding and David Lloyd.	**7.00am Aerobics Oz 7.30 Sports Centre 7.45 Racing News 8.15 Asian Sports Show 8.45 Sports Centre 9.00 Telegraph Action Sport 9.30 Total Sport 10.00 World Tenpin Masters 11.00 International Bowls: Australia v Scotland 1.00pm Horsepower 1.30 Asian Sports 2.00 World Tenpin Masters**	**12noon Pool: Embassy World Eight Ball Pool – Men's Quarter-Final** Further action from the Cardiff International Arena as the men's competition reaches the quarter-finals. **2.00pm** **Shell's Wonderful World of Golf: Beard v Arda** A head-to-head challenge, featuring classic action.	**8.00am** **Battlestar Galactica** **9.00 The Time Tunnel** **10.00 Project UFO** **11.00 The Incredible Hulk** *On the Line* **12noon Babylon 5** **1.00pm** **Highlander: The Raven** *So Shall Ye Reap* **2.00 Battlestar Galactica** *Greetings from Earth – Part I*	**6.00am Select MTV 8.00 MTV Hits 9.00 Bytesize MTV 12noon MTV Hits** **12.30pm Daily Edition** Showbiz news with Edith Bowman and Emma Ledden. **1.00 MTV Hits** **2.00 Hit List UK** Cat Deeley presents the latest rundown of the chart movers, the new entries and the latest number one.
3.00 PM		**3.00** **World Motor Sport** Fast-paced coverage from the circuit where all the latest news and views are tracked. Covering the frantic pace of the Indy Racing League, to the never-say-die approach of the NASCAR series, the programme also includes features on the key movers and shakers in the racing world. There is also an insight into life behind the wheel from the men who smash the records and thrill the crowds.	**3.00 Cue Masters: Ebdon v O'Sullivan** Peter Ebdon and Ronnie O'Sullivan in a 1993 classic. **3.30 Horsepower** Equestrian sports action.	**3.00 Robocop** *Heartbreakers* Lippencott falls for Diana Powers and Robocop is blackmailed into stealing a top secret weapon.	**3.00 Bytesize MTV** Highlights from MTV stations around the world, presented in the form of short soundbites.
4.00 PM			**4.00 Table Tennis: China Open** This year's tour reaches its next major competition with the best action from the China Open.	**4.00** **The Time Tunnel** *The Death Merchant* The travellers land at Gettysburg and end up on opposite sides in the war.	**4.00 Select MTV** The show that becomes a video jukebox for viewers' requests. Call the special number, pick your favourite video from the on-screen menu and presenter Kelly Brook will play your choice.
5.00 PM	**5.00pm** **Xtreme Sports** *YOZ* Another action-filled episode of the youth-only extreme sports show.		**5.00 World Wrestling Federation – Livewire** Michael Cole presents coverage of the latest spectacular World Wrestling Federation bouts.	**5.00 Project UFO** *The Rock-and-Hard Place Incident* A flying saucer leaves a trail of exploding colours over a restaurant.	
6.00 PM	**6.30 Stunts** *And They Walked Away* Exciting stunt action.	**6.00** **Sky Sports Centre** The latest news from the world of sport. **6.30** **International Cricket: Triangular One-Day International – England v Zimbabwe – LIVE** England's one-day international encounter with Zimbabwe continues with action from the second session, presented by former England captain David Gower.	**6.00** **Asian Sports Show** Sporting action from Asia, and the Middle East. **6.30 Fastrax** High speed action.	**6.00 Rugby League Academy**	**6.00** **The Incredible Hulk** *On the Line* Banner is recruited to help fight a forest fire and is suspected of starting it.	**6.00 Bytesize MTV** Highlights from MTV stations around the world, presented in the form of short soundbites.
7.00 PM	**7.00 Boxing** Coverage of international boxing contests.		**7.00** **Ladies' Euro Tour Golf: Austrian Open** Action from the Steirmärkischer Golf Club in Murhof.	**7.00 Sports Unlimited**	**7.00 Highlander: The Raven** *So Shall Ye Reap* A former spy wants the mysterious death of his scientist son investigated .	**7.00 MTV Hits** A roller coaster of uninterrupted music featuring the latest from the MTV playlist plus a number of exclusives.
8.00 PM	**8.00 Athletics** Highlights of the fourth day and interviews with the athletes from the US Olympic Team Trials in Sacramento, California.		**8.00 LPGA Golf: JAL Big Apple Classic** This classic takes place on the glorious fairways of Wykagyl Country Club in New Rochelle, New York where defending champion Sherri Steinhauer competes against an impressive field including Karrie Webb and the great Laura Davies.	**8.00 Pool: Embassy World Eight Ball Pool – Men's Quarter-Final** Further action from the Cardiff International Arena as the men's competition reaches the quarter-finals.	**8.00 Twin Peaks** The trail to finding Laura's killer takes an unexpected twist. Meanwhile Blackie O'Reilly sees a golden opportunity.	**8.00** **European Top 20** Eden Harrell with a rundown of the singles that are dominating the charts on the Continent.
9.00 PM	**9.00 Cycling** Highlights of today's stage in the Tour de France including reactions, interviews and statistics.				**9.00 American Gothic** *Requiem* The unfortunate Lucas is buried while Caleb, Gail, Ben and Selena are present at the grave site.	**9.00 Daily Edition** The latest news and gossip from showbiz. **9.30** **Celebrity Death Match** More claymation satires.
10.00 PM		**10.00** **Sky Sports Centre** The latest sports news. **10.15** **Ladies' Euro Tour Golf: Austrian Open** The action comes from the Steirmärkischer course, Murhof Frohnleiten. **11.15 Fastrax** **11.45** **Sky Sports Centre** **12midnight LPGA Golf: JAL Big Apple Classic** **2.00am** **World Cup Show Jumping** Equestrian action from a range of circuits. **3.00-3.15am** **Sky Sports Centre**	**10.00 World Cup Show Jumping: Oak Classics** Action over the big fences in the 2000 World Cup.	**10.00 Big Fights: Tommy Farr** The brave Welshman is best remembered for taking the great Joe Louis the distance.	**10.00 FILM: Babylon 5: A Call to Arms** *Bruce Boxleitner, Jerry Doyle, Tracey Scoggins* A Technomage predicts an imminent attack by the Drakh – the old allies of the Shadows – who have devised a plan to destroy the Alliance. *1999* **11.45** **Sci-Focus Special** **12midnight Lexx** *Brigadoom* **1.00am FILM:** **Babylon 5: A Call to Arms** Science fiction. *1999* **2.45 Sci-Focus Special** **3.00-4.00am Babylon 5** *Whatever Happened to Mr Garibaldi?*	**10.00** **The Tom Green Show** Comedy on the streets. **10.30 Loveline USA** Agony and problem advice for LA viewers who call in. **11.00 brand:new** Zane Lowe takes a look at new music and chats with up-and-coming young, alternative acts. **12midnight** **Alternative Nation** A journey into the musical leftfield of MTV. **1.00-6.00am Night Videos** Music through the night.
11.00 PM	**11.00 Golf** Highlights from the US PGA Tour of the Greater Milwaukee Open at Brown Deer Park Golf Course, Milwaukee, Wisconsin.	**11.00** **Asian Sports Show** Diverse sporting action. **11.30** **Sports Unlimited** Spectacular footage and coverage of some of the world's alternative sports. **12.30am Fastrax** **1.00 LPGA Golf:** **JAL Big Apple Classic** **3.00 Ladies' Euro Tour Golf: Austrian Open** **4.00-4.15am** **Sky Sports Centre**	**11.00-11.30pm** **A to Z of Motorsport** Take a drive down memory lane and trace the roots and history of the motor racing circuit.		
12.00 NIGHT TIME	**12midnight-12.30am** **Sailing** *Sailing World*					

LIVE INTERNATIONAL CRICKET: ENGLAND V ZIMBABWE
SKY SPORTS 1 2.00PM, 6.30PM

The NatWest Series triangular one-day international tournament – in which the West Indies also compete – will maintain a high level of interest as long as Nasser Hussain (pictured, left) and his team continue to win. Another match – this time at Edgbaston – against Zimbabwe will mean trying to bowl out their opponents' top run-makers like captain Andy Flower and Murray Goodwin (pictured, right) on the cheap, to make it easy on England's occasionally fragile batting line-up.

PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.06 FILM: Encounters
12midnight Freeview
12.12am Sam Gets Her Girl
12.25 Adult Feature
12.55 FILM: Girls' Affair 7
2.00 Lesbian Fantasies
2.30 Stop-Over Sex
2.55-4.00am
Special Friends

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am The Omar Show
12.40 FILM: Back Street
1.00
The Five Minute Freeview
1.05 FILM continues
1.55 Fantasy Night Calls
2.55-4.00am
FILM: Real Tickets

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Tuesday 18 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
11.00 Bob Mills' Big 80s
12noon
Behind the Music: Genesis
1.00pm
Greatest Hits: Madness
1.30 Pop-Up Video
Top trivia from the irreverent pop-up-video collection.
2.00 Jukebox

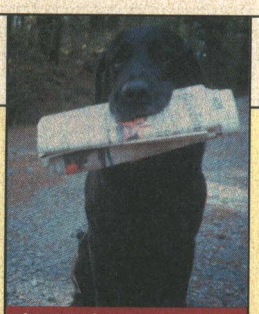
3.00
How Was it for You? – Toyah Wilcox
Toyah Wilcox chats about her sucessful career which took off in the 1980s.
4.00 The VH1 Album Chart Show
Paul King presents a comprehensive rundown of the UK's best-selling albums of the week.
5.00 Ten of the Best: Culture Club
The 1980s pop legends select their favourite tracks of all time for benefit of the VH1 viewers.
6.00 Beat Clubs 80's
Nostalgia 1980s style.
6.30 Greatest Hits: Madness
All the biggest selling hits from the nutty boys.
7.00 Top Ten
The biggest and the best chart-topping tunes.
8.00 The Millennium Classic Years: 1981
Both Pope John Paul II and US President Ronald Reagan survive assassination attempts.
9.00 Behind the Music: The Police
Featuring some of the incredible personal footage of the Police's impromptu reunion at Sting's wedding.
10.00 Behind the Music: Duran Duran
This hour-long feature traces the career of this immensely popular group from its early days.
11.00
Egos and Icons: U2
A complex look at the intense world of U2 including an examination of their political beliefs.
12midnight Pop Up Video
12.30am
Greatest Hits: Madness
1.00 Hey, Watch This!
2.00 Soul Vibration
2.30 VH1 Country
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
New Mexico – Gila National Forest
1.00 All-bird TV
The interaction between humans and birds.
1.30 All-Bird TV
2.00 Pet Rescue
2.30 Kratt's Creatures
Big Five, Little Five

3.00
Breed All About It
American Cocker Spaniel
3.30
Breed All About It
Golden Retrievers
4.00 Animal Planet Unleashed
A looks at how to make a hedgehog feel at home.
4.30 Croc Files
Australia's Dingo Fence.
5.00 Pet Rescue
Following the fortunes of abandoned animals.
5.30 Going Wild with Jeff Corwin
Belize Rainforest
6.00 The Aquanauts
Featuring outrigger canoe racing in Hawaii.
6.30 Croc Files
The crocodile encounters of Steve and Terri Irwin.
7.00
A Passion for Nature
Vet to the Dolphin
7.30 Hutan – Wildlife of the Malaysian Rainforest
8.00 Wild Rescues
Tales of people saving animals and vice-versa.
8.30 Wild Rescues
The relationship between humans and animals.
9.00
Crocodile Hunter
Reptiles of the Deep: Saurians
Steve and Terri Irwin visit the waters off Jamaica.
10.00 The Great Opportunist
A report on the spotted hyena, a ruthless hunter, originally dubbed the skulking scavenger.
11.00 Emergency Vets
An orphaned Airedale is treated for a knee injury.
11.30-12midnight Emergency Vets
Real-life animal stories.

CABLE CHECK
Some of the channels listed may not be available in your area



Learn about man's best friend in 'Breed All About It'. Animal Planet 3.00pm, 3.30pm

ITV2
ACCESS PACK

4.00pm Trisha
A double bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text
6.00 The Extremists
6.30 Touch Football
7.00 Amazing Games
7.30 ISKA Karate
8.00 Sunset Beach
Ben and Meg start to form a bond, and Billy meets Caitlin, who is immediately attracted to him.
8.50 Chart Choice
9.00 Grafters
Trevor and Joe are working as labourers in Brighton when Trevor is fired due to the interference of a rival contractor. Text
10.00 Emmerdale
More drama with the Yorkshire Dales folk. Text
10.30 Nuts and Bolts
Rizzla and the gang take things too far.
11.00 The Jerry Springer Show
More outrageous revelations with the US talk show host.
11.50 The Late Show with David Letterman
Top-rated chat show with celebrity guests.
12.40am Freaky Stories
Ghoulish animation.
12.50 The Extremists
1.20-1.50am
Touch Football

UK STYLE
LIFESTYLE PACK

7.00am Spa Trek 7.30 Spa Trek 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Changing Rooms: New Zealand 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 Big Strong Girls 11.30 The House Doctor 12noon Good Living 12.30pm Style Challenge 1.00 A Taste of Africa 1.30 Ready, Steady, Cook 2.00 Gardening from Scratch 2.30 Learn to Garden

3.00
Gardeners' World
Gardening magazine.
3.30 Charlie's Garden Army
A tranquil rooftop garden.
4.00 Stefan's Garden Roadshow
Help and advice on gardening dilemmas.
4.30 Good Living
Perfect pasta in minutes.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms Down Under
Presented by Suzie Wilks.
6.00
Antiques Roadshow
Kingston-upon-Hull
Hugh Scully and a team of experts examine and value antiques in Hull.
7.00 Real Rooms
Bethnal Green Bedroom
A feng shui bedroom is created in an old school.
7.30 Change That
From Alexandra Palace.
8.00 Style Challenge
Leading fashion experts give people makeovers.
8.30
The Flower Show
Flower arrangements.
9.00 Home Front
A report from the BBC Good Homes Show at Birmingham's NEC.
9.30 Big Strong Girls
DIY series.
10.00
The House Doctor
The experts show how to create an illusion of space.
10.30 House Invaders
Halifax
11.00 Ground Force
Experts perform makeovers of viewers' gardens in just two days.
11.30 BBC Gardener of the Year
12midnight Garden Stories
A look at what can happen when passion for the garden becomes an obsession.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki offers help and advice on gardening dilemmas.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Schoolgirl Mums 7.50 Sea Trek 8.20 Rolf's Amazing World of Animals 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.15 Life on Earth 11.15 The Deep 12.15pm Rolf's Amazing World of Animals 12.45 City Hospital 1.45 Doctors at Large 2.15 Doctors at Large 2.45 Schoolgirl Mums
Documentary about a group of teenage girls who became pregnant while still at school
3.45
Vets to the Rescue
Trude meets a good Samaritan who has given a home to an ailing cat.
4.20 Molly's Zoo
A fascinating insight into life at Twycross Zoo.
4.50 Animal Hospital
From Harmsworth Hospital for Sick Pets in Holloway.
5.25
Children's Hospital
From Birmingham.
5.55 City Hospital
Gaby Roslin and her team of co-presenters report on the triumphs and trials of patients and staff at Southampton Hospital.
6.55 Learners
Learning to drive, Australian-style.
7.30 Chopper Coppers
November-Whisky-One
A look at the work of élite police helicopter units.
8.00 Molly's Zoo
Life at Twycross Zoo.
8.30
Children's Hospital
Dr Tina Newton tries to resuscitate a baby.
9.00
Paddington Green
9.35 Richard Wilson Way Out West
The actor learns the ropes as a real-life cowboy with just two weeks' tuition from a lifetime cowboy. Text
10.35 Conspicuous Consumption
A look at the expansion of Harvey Nichols as it opens its first branch in the north.
11.35 Living with the Enemy
Fly-on-the-wall series. Text
12.05am-1.00am
Clash of the Titans

UK PLAY:
1.00am Shooting Stars 1.30 The League of Gentlemen 2.05 Vic Reeves 2.35 Reeves and Mortimer 3.10 Soundtrack to My Life 3.40 Steve Lamacq 4.05 Bally Dung 4.30 Funny Noise 4.45 Hey DJ 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow 9.30 Ideal Home Cooks 10.00 Ross's Barbecue Party 10.30 Simply Baking 11.00 Flash in the Pan 11.30 Power Food 12noon Antony's Scotland 12.30pm Frances Bissell's West Country Kitchen 1.00 Coxon's Kitchen College 1.30 Use Your Loaf 2.00 Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow – Cooked in a Flash
Jenny Bristow prepares chicken curry and stir-fry.
3.30
Tessa's Tastebuds
4.00 Simply Baking
Accompaniments
Brandy snaps and palmiers.
4.30
Ideal Home Cooks
With Nanette Newman.
5.00 Superchefs
5.30
Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm
Picture This

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Neon Lights
Meet the family that lights up one of the most famous cities in the world.
7.30 Numbats
The striped numbat.
8.00 Bounty Hunters
NEW The truth about what really happened to the mutineers of the HMS Bounty after they hung up their weapons.
9.00 Untamed TV
Forgotten Apes
Thought-provoking ideas about man's relationship with apes that are kept captive as pets.
10.00 Untamed TV
My Backyard: The Serengeti
Hugo van Lawick and his crew survive in the bush on the Serengeti plains.
11.00 Lions of the Kalahari
A documentary spanning three years which follows a pride of black male-mane lions of the Kalahari.
12midnight-1.00am
A Marriage in Rajasthan
A chance to observe a traditional Indian marriage in Rajasthan.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
Cryptic crossword conundrums.
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
With Les Dennis.
7.00 Beadle's About
7.30 Winner Takes All
Bobby Davro hosts.
8.00 Gladiators
Muscle-bashing challenges.
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00
Stars in Their Eyes Final
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move On Up
5.00-6.00am
Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Garden Calendar 7.00 The Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 These Four Walls 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Garden Calendar 10.05 How to with B & Q 10.10 Great Gardening Plot 10.40 Two's Country – Eastern Europe 11.10 Space Invaders 11.40 Home Savvy 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 Home Again with Bob Vila 1.45 Wood Wizard 2.15 How to with B & Q 2.20 New Yankee Workshop 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am World Wind Surf 10.30 High Adrenalin Action 11.00 Trainspotters 99 12noon Ibiza 2000 12.30pm High Adrenalin Action 1.00 Byte Me 1.30 Hip-Hop Special 2.00 Adrenalize 2.30 Adrenalize 3.00 That Film Show 3.30 Byte Me 4.00 e-trippers 4.30 Boardstupid 5.00-6.00pm buzz:tracks

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm
LLTV – Local Life

Tuesday 18 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

3.00 PM

DISCOVERY
WORLD PACK

3.00 Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30 Dexter's Laboratory
More chemical chaos.
4.00 The Powerpuff Girls
Trouble in Townsville calls for the three heroines.
4.30 Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Johnny Bravo
The bequiffed egomaniac returns for another bout of vain posturing.
6.00 Tom and Jerry
Madcap antics with the sparring cat and mouse.
6.30 The Flintstones
The prehistoric men behaving badly return.
7.00 Scooby-Doo
The big mutt and his pals foil another spooky scheme.
7.30 Looney Tunes
Classic cartoon action.
8.00-9.00pm Angela Anaconda

4.00 PM

4.00pm Rex Hunt Fishing Adventures
Rex Hunt heads for the Mount Cook region.
4.30 Discovery Today
Bizarre scientific stories.

5.00 PM

5.00 The History of Water
An insight into man's relationship with water from various perspectives such as history and religion.

6.00 PM

6.00 Profiles of Nature
The Everglades – Life in the Sea of Grass
A profile of the Florida Everglades.

7.00 PM

7.00 Secret Mountain
Chris Bonington discusses his expedition to climb Sepu Kangri in Tibet.
7.30 Discovery Today
Topical reports.

8.00 PM

8.00 Medical Breakthroughs
Spinal Impact
A look at spinal cord injuries and why there is now more hope for cures.

9.00 PM

9.00 The Knights Templar
Origins
9.30 The Knights Templar
Corporation

10.00 PM

10.00 Buildings, Bridges and Tunnels
Bridges
Featuring the greatest bridges, including San Francisco's Golden Gate.

11.00 PM

11.00 Tanks!
Blueprint for Victory
How the battlefield tactics of the Second World War were shaped by the introduction of the tank.

12.00

12midnight Time Team
Govan
The team discover some intriguing stone sculptures.
1.00am Future Tense
Fertility
The debate on fertility treatment continues.
1.30-2.00am Discovery Today

NIGHT TIME

TCM
FAMILY PACK

9.00pm FILM: The Director's Cut of The Big Sleep
Humphrey Bogart, Lauren Bacall, John Ridgely
Classic mystery thriller about a detective who goes to work for a wealthy family but threatens to jeopardize the case when he becomes involved with the attractive daughter and her uncontrollable little sister. *1945*
11.55-1.00am Clark Gable: Tall, Dark and Handsome

CARTOON NETWORK: 1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

NICKELODEON
FAMILY PACK

7.00am Transylvania Pet Shop 7.30 Transylvania Pet Shop 8.00 Ren and Stimpy 8.30 Ren and Stimpy 9.00 Kenan and Kel 9.30 Kenan and Kel 10.00 Sister Sister 10.30 Sister Sister 11.00 Cousin Skeeter 11.30 Cousin Skeeter 12noon Rugrats 12.30pm Rugrats 1.00 Rocket Power 1.30 Rocket Power 2.00 Rocket Power 2.30 Rocket Power

3.00 Rocket Power
Animation following a group of friends who indulge in extreme sports.
3.30 Rocket Power
Californian cartoon.
4.00 Kenan and Kel
The wild adventures of two funky friends.
4.30 Kenan and Kel
With Kenan Thompson and Kel Mitchell.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 Caroline in the City
8.00 Ellen
Ellen with Child
Ellen finds herself tongue tied for once.
8.30 Just Shoot Me
Sewer
9.00 Married... with Children
Have You Driven a Ford Lately?
9.30 Cybill
The actress visits London.
10.00 Frasier
Voyage of the Damned
Frasier is chosen to go on a luxury cruise.
10.30 Harry Hill
Surreal comedy show.
11.00 Vic Reeves Big Night Out
11.30 Cheers
Severe Crane Damage
Lilith goes on a talk show to promote her new book.
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio
1.35 Duckman
2.00 DiResta
2.30 Nurses
3.00 It's Garry Shandling's Show
3.30-4.00am Abbot and Costello

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 T Rex 2.10 Conan 2.35 MASK

3.00 Diabolik
More stunts from the cat burglar turned good guy.
3.25 Woody Woodpecker
3.35 Sailor Moon
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50 Mad Jack the Pirate
5.00 Monster Rancher
5.20 Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Special
7.00 Sports Shop!
Join Mr Motivator for his safe and effective weekly workout.
7.30 Shop! Special
9.30 Home Shop!
11.00 Collectors' Shop!
11.30 Beauty Shop!
12noon Shop! Outlet
12.30pm Shop! Selection
1.30 Shop! Special
2.30 Clothes Shop!
Fashion offers.
3.30 Jewellery Shop!
4.30 Kitchen Shop!
5.30 Shop! Preview
6.00 Shop! Selection
7.00-7.30pm !
Shop! Special

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows.
Saturdays: The best of the week and children's programming.
Sundays: Lifestyle shows, a round-up of the week's news in The Review plus The Sunday Programme with Alastair Stewart.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Science 1.15 Asian 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 World Beat 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12.00 Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 The Book Show 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 The Book Show 4.30 Showbiz Weekly From The Sound Republic in London's Leicester Square. 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télémartin et le Journal du Temps 7.00 Journal Télévisé 7.30 Découverte 8.00 Infos 8.05 Zig Zag Café 9.00 Journal Télévisé 9.15 Inédits 10.00 Claire Lamarche 11.00 Infos 11.05 100% Questions 11.30 Journal Télévisé 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Thalassa 3.00 Journal Télévisé 3.15 Questions 3.30 Taxi pour l'Amérique 4.00 Infos 4.05 Pyramide 4.30 Questions pour un champion 5.00 Journal 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal 7.30 Journal Télévisé et Le Journal du Temps 8.00 Infos 8.05 Temps Présent 9.00 Journal 9.15 Deux Flics 11.00 Journal 11.30 Infos 11.35-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Naqab 8.00 News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Kabhi Yeh Kabhi Woh 12.30pm Galatnaama 1.00 Katha Sagar 1.30 FILM 4.00 Akbar Birbal 4.30 Aarthi 5.00 Majdhaar 6.00 Main Anari Tu Anari 6.30 MTV 7.00 Katha Sagar 7.30 News 8.00 Kabhie Kabhie 8.30 FILM 11.30 News 12midnight MTV 12.30am Kabhie 1.00 FILM 4.00 Main Anari Tu Anari 4.30 Kabhi Yeh Kabhi Woh 5.00 Majdhaar 6.00 Akbar Birbal 6.30 DD Programme 7.00-7.30pm Jai Veer Hanuman

ZEE TV
ADD-ON CHANNEL

6.00am Aap Ki Farmaish 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith Iskcon 7.30 News 8.00 Out and About 8.30 Tara 9.00 Aashiana 9.30 Lakeerein 10.00 Rehne Do 11.00 Khana Khazana 11.30 Aangan 12noon FILM 12.30pm Feature 3.00 Hadd 3.30 Top of the Tops 4.00 Raahat 4.30 Top Ten 5.30 Aangan 6.00 Gubbare 7.00 Ikke Pe Ikke 7.30 Cinema 8.00 News 8.30 Janam 9.00 A Day Out with a Star 9.30 Daayre 10.00 Thriller 10.30 Mahabharat 11.30 Nagin 12midnight News 12.30am FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00-6.00am VCD Zabardast

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Good News 5.30 Gospel Truth – Andrew Wommack 6.00 Hour of Deliverance 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 CMTV 8.20 Thought For The Day 8.30 Life in the Word 9.00 Rhema Praise 9.30 Winning Ways – Matthew Ashimilowo 10.00 CMTV 10.30-11.00am 700 Club Replay

BLOOMBERG
WORLD PACK

2.00am Asian Market 3.30 Wall Street Report 4.45 Focus on Eastern Europe 5.05 Tokyo Live 5.45-6.00am Kavanagh's Picks

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am House of Lords 7.00 The Record 7.30 House of Lords 10.00 Westminster Hall 1.00pm House of Lords 2.30 House of Commons 11.00-11.30pm The Record

THE HISTORY CHANNEL
WORLD PACK

12noon The Great Train Robbery
How 16 criminals carried out a robbery on a postal train.
12.55pm Photos for the Future II
1.00pm Dunkirk Dilemma
2.00 Biography
Bonnie and Clyde
3.00 Fabulous Fortunes
Dynasties – New Blood
3.30 Playback with Jeffrey Archer
4.00 Lifeline From the Sky
5.00 The Space Shuttle
6.00 The Boy Who Gave Away the Bomb
6.55 Photos for the Future II
7.00 Nelson at Trafalgar
8.00 Biography
Nelson Mandela
9.00 Great Crimes and Trials
The Kennedy Assassination
9.30-10.00pm Great Crimes and Trials
The Green Beret Killings

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

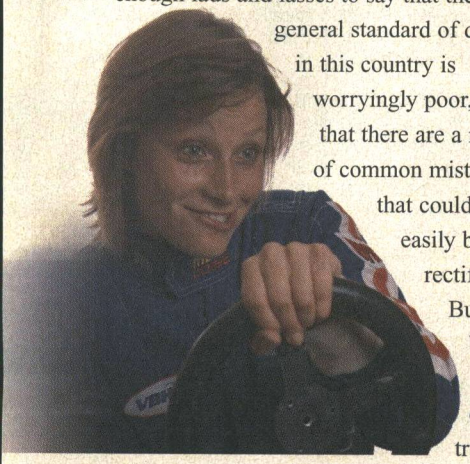
QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is In The Salon With Alison at 3.00pm.

Vicki Butler-Henderson
GIRL RACER

So you think you are a good driver ...?

Top Gear GTi's Vicki Butler-Henderson delivers some top driving tips! **Photographs: Martin Salter**

BEING the holder of a driving licence doesn't automatically turn you into Michael Schumacher – although many people I've instructed at racing circuits over the years would find this statement hard to swallow. I've taught enough lads and lasses to say that the general standard of driving in this country is worryingly poor, and that there are a number of common mistakes that could so easily be rectified. But before I go on and try to do that, I must just say that I'm not the best driver in the world either, and am always striving to improve my skills, so I don't want this piece to come across as self-righteous and know-it-all. Thank you for listening! Right then, buckle up! It's time for some basic driving tips that could help improve your performance behind the wheel.

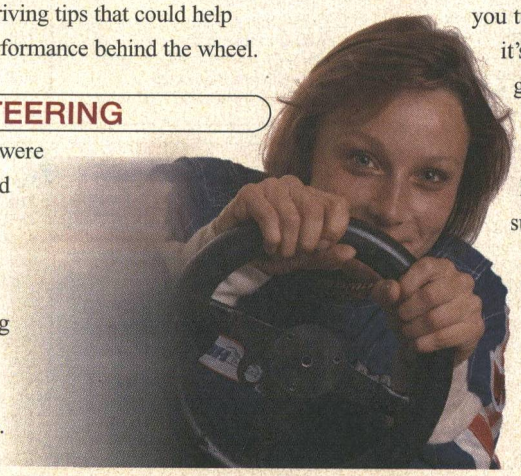


STEERING

Now I know we were all taught to 'feed the wheel' when we learned to drive, but I recommend using the same hand positions that racing drivers do. That's keeping your hands in either the 'quarter to three' or 'ten to two' position when you turn the wheel. With a hand supporting each side of the steering wheel, you're always in full control of the front tyres so you know exactly where they're pointing at all times. Try to keep your hands glued into the position you prefer and don't be tempted to start shuffling – except if you're on a hairpin bend that needs an extra armful of steering!

CORNERING SPEED

Many of the UK's B-road accidents happen when people go too fast INTO a bend. Learn a lesson from racing here because the golden rule about corners – particularly tight ones – is slow IN, fast OUT. Also, learn to look UP, not at the tarmac directly in front of you, and you'll begin to read the road. If the line of trees or telegraph poles ahead of you turns to the left, then it's likely the road will go to the left, too.



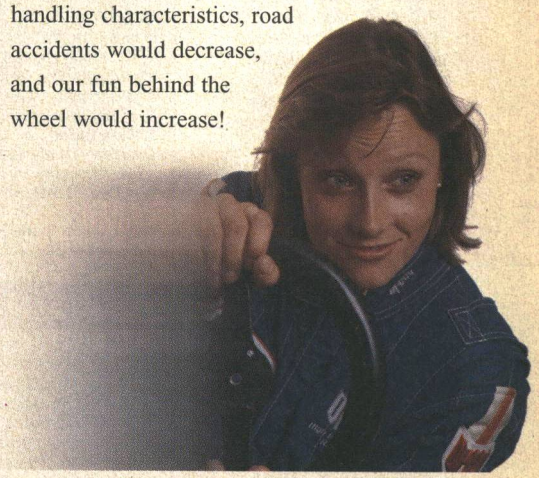
BRAKING

Make sure you brake sufficiently before a bend. That way all you need to concentrate on as you turn into and exit the corner is your steering and acceleration. If you brake mid-bend when driving at some speed, it upsets the balance of the car and, if you're going too fast, can cause you to spin.

GEAR CHANGES

As with the middle pedal, the gearstick and clutch should not be touched halfway through a bend. All gear changes should be done in a straight line BEFORE the bend and while you're braking. Remember to keep your feet and hand manoeuvres silky smooth.

Well, that wasn't too bad, was it? If we all learn to be a bit more enthusiastic about our driving skills and learn more about a car's handling characteristics, road accidents would decrease, and our fun behind the wheel would increase!



Catch Vicki in *Top Gear GTi* on UK Horizons, Saturdays, 5.00pm; Sundays, 12noon

Wednesday 19 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Scarlet Tunic
1997, rating Sky PG, 88 mins
7.45 Breakout
1998, rating Sky PG, 86 mins
9.15 The Second Jungle Book
Text *1997, rating Sky PG, 86 mins*
10.45 Seven Years in Tibet
Text *1997, rating Sky PG, 130 mins*
1.00pm
A Marriage of Convenience
1998, rating Sky PG, 87 mins
2.30 Deep Impact
Morgan Freeman, Robert Duvall, Elijah Wood, Tea Leoni
Action blockbuster which sees a comet the size of Mount Everest on on a collision course with Earth – it threatens to destroy all mankind unless a group of astronauts, dispatched into space, can alter the path of the asteroid. Text *1997, rating Sky PG, DS, 116 mins*

4.30 The Second Jungle Book: Mowgli and Baloo
Family adventure based on the characters in *The Jungle Book*. The film follows Mowgli as he tries to escape from a circus owner who wants to turn him into the next big attraction. Text *1997, rating Sky PG, DS, 86 mins*

6.00 The Education of Little Tree
James Cromwell, Tantoo Cardinal, Joseph Ashton
PREMIERE Drama about a young Cherokee orphan boy who loses both his parents during the depression and goes to live with his grandparents. Here he learns more about his heritage than he ever thought possible. Text *1997, rating Sky PG, 111 mins*

8.00 Deep Impact
Morgan Freeman, Robert Duvall, Elijah Wood, Tea Leoni
Action blockbuster which sees a comet, the size of Mount Everest, on a collision course with Earth. If it hits, all life will be obliterated and the planet's only hope lies with a team of astronauts sent into space, led by a veteran of moon landings. Text *1997, rating Sky PG, DS, 116 mins*

10.00 Snake Eyes
Nicolas Cage, Gary Sinise, John Heard, Carla Gugino
Thriller. A cop becomes tangled up in an high-level assassination conspiracy when a politician is killed at a boxing match. Text *1998, rating Sky 15, 94 mins*

11.40 The Game
Michael Douglas, Sean Penn
Thriller about a banker who becomes involved in a series of devilish games that are designed by a recreational company for its rich clients. Text Last Play *1997, rating Sky 15, 123 mins*
1.50am Lolita
Text *1997, rating Sky 18, 132 mins*
4.05-6.00am
Dream for an Insomniac
Text *1997, rating Sky 15, 84 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

6.30am He's Not Your Son
1984, rating Sky PG, 91 mins
8.10 Danielle Steel's Heartbeat
1992, rating Sky PG, 88 mins
9.50 Same River Twice
1996, rating Sky U, 83 mins
11.25 Au Pair
1999, rating Sky U, DS, 90 mins
1.05pm Little Miss Magic
Russ Tamblyn, Vanessa Koman
1996, rating Sky PG, 83 mins
2.40 Danielle Steel's Heartbeat
John Ritter, Polly Draper, Nancy Morgan, Kevin Kilner
Romantic drama about a couple who are desperately unlucky in love but soon discover how attraction can be found in unlikely places and when you least expect it. *1992, rating Sky PG, 88 mins*

4.20 Au Pair
Gregory Harrison, Heidi Noelle Lenhart, Jane Sibbett
Comedy in which a girl believes she has landed the job of her dreams only to find that she has been employed as a nanny. She soon grows fond of the kids who scheme to ensure that she replaces their stepmother-to-be. *1999, rating Sky U, DS, 90 mins*

6.00 Mistaken Identity
Melissa Gilbert, Rosanna Arquette, David Andrews
Emotional drama, based upon a true story, about two mothers who discover, a year after giving birth, that their babies were accidentally swapped just after they were born. The pair are forced to decide which child they now wish to raise. *1999, rating Sky PG, 85 mins*

8.00 For Richer or Poorer
Tim Allen, Kirstie Alley, Jay O Sanders, Michael Lerner
Comedy about a wealthy couple, on the brink of divorce, who are forced to seek refuge in an Amish community after their accountant lands them in trouble. And in a world away from their own, the couple learn to value the important things in life. *1997, rating Sky 12, DS, 111 mins*

10.00 Rounders
Matt Damon, Edward Norton, John Turturro, John Malkovich
PREMIERE Drama about a poker player who abandons his future as a lawyer in favour of his need for the game. When he loses his life savings he swears to give it up but finds himself drifting back into his old habits – only this time he stands to lose more than money. Text *1998, rating Sky 15, 116 mins*
12midnight The Odd Couple 2
Jack Lemmon, Walter Matthau
Text *1998, rating Sky 15, 92 mins*
1.40am Exiled
Christopher Noth, Dabney Coleman
1998, rating Sky 15, 84 mins
3.10 Over Her Dead Body
1989, rating Sky 15, 97 mins
4.55-6.00am Same River Twice
1996, rating Sky U, 83 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

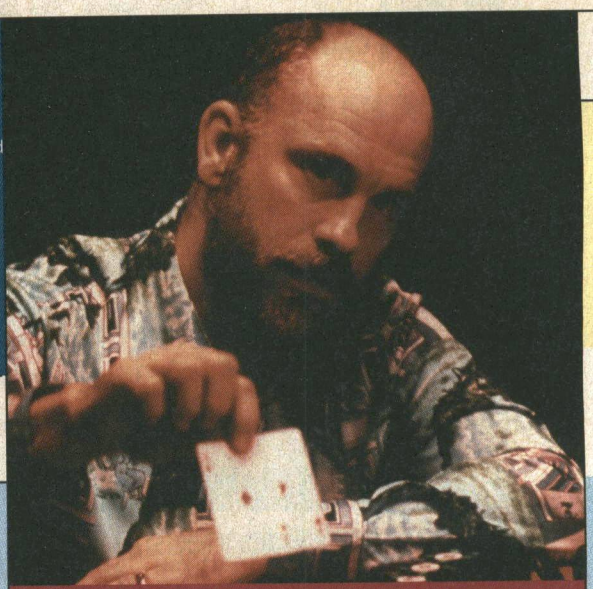
SKY CINEMA
PREMIUM CHANNEL

4.00pm The Barbarian and the Geisha
John Wayne, Sam Jaffe
Period drama about a man who is sent by the President to serve as the first American ambassador in Japan and discovers hostility to foreigners. He finds himself slightly distracted, however, when he meets and falls in love with a beautiful geisha girl. *1958, rating Sky U, 101 mins*

6.00 Deadline USA
Humphrey Bogart, Ethel Barrymore, Kim Hunter
Drama about a newspaper editor who is struggling to hold onto his job after he learns his crusading paper is to be sold to a rival. He hopes that by helping to expose a gangster's involvement in a murder he may also be able to save the future of the journal. *1952, rating Sky PG, 83 mins*

8.00 American Flyers
Kevin Costner, David Grant, Rae Dawn Chong, Alexandra Paul
Powerful drama focusing on two brothers who clash when they enter a tough cycling race. Behind their competitive relationship lies the knowledge of their father's fatal illness and the fear they both share that the disease may be hereditary. *1985, rating Sky PG, DS, 106 mins*

10.00 The Midnight Man
Burt Lancaster, Susan Clark, Cameron Mitchell, Joan Lorring
Mystery thriller about the night-watchman of an American college who just happens to be an ex-policeman. He is also on parole for murder, but soon he gets a chance to redeem himself when a killing occurs and he sets out to track down the culprit. *1974, rating Sky 15, 114 mins*
12midnight Taking Off
Lynn Carlin, Buck Henry
Comedy satirising US lifestyles. *1971, rating Sky 18, 89 mins*
1.35am Mack the Knife
Raul Julia, Richard Harris
1989, rating Sky 15, 117 mins
3.40-5.30am American Flyers
Kevin Costner, David Grant
1985, rating Sky PG, DS, 106 mins



John Malkovich puts his cards on the table in the premiere of 'Rounders'. Sky MovieMax 10.00pm

FILMFOUR
ADD-ON CHANNEL

6.00pm
Picnic At Hanging Rock
Rachel Roberts, Dominic Guard, Helen Morse, Jacki Weaver
Spooky drama. On a hot summer's day, the teachers and girls from a private school in remote outback Australia visit a local beauty spot only for three of the girls and a teacher to mysteriously vanish into thin air. *1975, 111 mins*

8.00 Hoop Dreams
William Gates, Arthur Agee, Emma Gates, Curtis Gates
Multi-award winning documentary which follows two underprivileged kids from the Chicago projects who, because of their basketball skills, gain a scholarship to a smart high school. It follows them for four years – one is extremely successful, the other fails to make the cut, but their lives still intertwine in this simple but unforgettably powerful film which comments on the social system and highlights how unpredictable life can be. Text *1994, 171 mins*

11.00 Clockers
Harvey Keitel, Mekhi Phifer
Drama directed by Spike Lee about the seedy world of drug dealing in the Brooklyn projects, focusing on the role of the young drug pushers who find themselves under the tutilage of the powerful drug lords. *1995 121 mins*
1.05am Illtown
Crime drama. *1996, 98 mins*
2.45 Chungking Express
Comedy drama. *1994, 98 mins*
4.30-6.00am Blackmail
Hitchcock thriller. *1929, 81 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm
Hollywood Cavalcade
Alice Faye, Don Ameche, Al Jolson, Stuart Erwin
Drama about a producer who falls for the leading lady in his films. He doesn't realise the feeling is reciprocated and when she marries her co-star he fires her in a fit of jealousy – an action which has severe consequences for his career. *1939, 96 mins*

9.00pm The Last Wave
Richard Chamberlain, Olivia Hamnett, David Gulpilil
Mystical drama about an Australian lawyer who finds himself involved in the case of a murdered Aborigine boy. He is called upon to defend five men accused of the killing and is determined to infiltrate their secretive society to uncover the truth. *1978, 120 mins*

11.00 Dealers
Paul McGann, Paul Guilfoyle, Rebecca De Mornay
Drama about a reckless dealer in the City who finds himself usurped by an American banker – a glamorous woman to whom he becomes irresistibly attracted.
Widescreen *1989, 110 mins*
12.45am Punchline
Widescreen *1988, 128 mins*
3.00 Echo Park
Comedy drama. *1986, 93 mins*
5.00-7.00am The First Rebel
Western. *1939, 81 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

TWIN DRAGONS
Rating 12, 86 mins
Action comedy thriller. A case of mistaken identity brings two brothers – one a martial arts expert in Hong Kong, the other a musician in New York back together. Stars Jackie Chan.
T/C: Action comedy.
BL: Infrequent, mild.
S/N: Infrequent, mild references.
V: Occasional, moderate, comic.
6.45pm, 8.30pm, 10.15pm, 12midnight, 1.45am, 3.30am

Channel 53

THE MATRIX
Rating 15, 131 mins
Sci-fi thriller. A young man, who has been searching for truth all his life, finds himself in a sinister world of virtual reality where the truth can be dangerous. Stars Keanu Reeves, Carrie-Anne Moss and Laurence Fishburne.
T/C: Sci-fi, adventure, virtual reality.
BL: Occasional, mild.
S/N: None.
V: Frequent, strong, fantasy.
6.30pm, 9.00pm, 11.30pm, 2.00am

Wednesday 19 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon 10.00 Pokémon 10.30 The Simpsons Text 11.00 WWF – Superstars 12noon Magic Secrets Revealed 4 1.00pm Xena: Warrior Princess 2.00 Mega Babies 2.30 Godzilla

3.00 Mummies Alive
Honey, I Shrunk the Mummies
3.30 Pokémon
Abra and the Psychic Showdown
Ash and his Pokémon come up against a girl with psychic powers.
4.00 Pokémon
Haunter v Kadabra
4.30 Pokémon
Primeape Goes Bananas
The friends encounter a powerful, but unpredictable Mankey.
5.00 Star Trek: Voyager
The Omega Directive
Voyager stumbles across an incredibly potent and dangerous particle, considered by the Borg to be perfection itself. Text
6.00
Xena: Warrior Princess
Lifeblood
Xena travels to the Amazon village and has to prevent unecessary bloodshed.
7.00 The Simpsons
E-I-E-I Text
7.30 The Simpsons
Lisa the Greek
Lisa accurately predicts the winners of sporting events. Text
8.00
The Best of Stargate SG-1
Enigma
The SG-1 team rescues a group of highly advanced aliens from a collapsing world. Text
9.00 Good vs Evil
Nurse Evil
Comedy drama series in which God's afterlife recruits battle against the forces of evil. With Clayton Rohner.
10.00 Cons
Hate
An investigation into the brutal, harrowing events that are a part of everyday life behind bars, including torture and suicide.
11.00 Uncut! Yanky Panky
An comic look at the weird and wonderful things that happen across the Atlantic, including the very best in sleaze and kitsch from around the country.
12midnight Star Trek: Voyager
The Omega Directive
1.00am New York Undercover
Fade Out
The detectives investigate the shooting of a teenage boy and the head of a Harlem youth centre.
2.00-6.00am Long Play
A comprehensive selection of music from across the musical spectrum.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am 'Allo 'Allo! 6.30 Bread 7.15 The Brittas Empire 7.50 Birds of a Feather 8.25 EastEnders 9.00 The Bill 9.30 The Bill 10.00 Bergerac 11.00 Knots Landing 11.55 Neighbours 12.25pm EastEnders 1.00 Dangerfield 2.00 Knots Landing

3.00 The Bill
Warnings
3.30 The Bill
Calling Time
A pub landlord is run over after giving Boulton information. Text
4.00 EastEnders
Ricky plans to get some quality time alone with Bianca.
4.35 Neighbours
Julie has an idea that may solve Philip's embarrassing problem.
5.00 'Allo 'Allo!
Wartime sitcom starring Gordon Kaye and Kirsten Cooke. Text
5.40 Bread
Sitcom about a Liverpool family trying to make ends meet. Mrs Boswell meets Lilo Lill.
6.20 The Brittas Empire
Brussels Calling
Sitcom. Brittas is in Brussels being interviewed for the position of European Minister for Sport
7.00 Just Good Friends
Bittersweet sitcom. Penny and Vince go to a wedding.
7.40 Birds of a Feather
Three Up, Two Down
Sitcom. Sharon and Tracey's business is in ruins, but Garth has his own ideas. Text
8.20 Kiss Me Kate
Office sitcom. Kate wants a break and so the others help her find the perfect holiday. Text
9.00 The Dark Room
The second part of a powerful psychological thriller about a photographer who comes out of a coma and is faced with the fact that she may have murdered her ex-fiancé and his new lover. Her doubts intensify when she finds a photo and a visit to Hellingdon Hall reveals her dead husband had an affair. Text
10.50 Dangerfield
And Lips that Might Tell
Drama series about a GP who works as a police surgeon. Dangerfield is called to a crash involving a hijacked lorry.
11.55 The Bill
12.25am The Bill
12.55 Casualty
2.00 EastEnders
2.35 Dangerfield
3.35 Whatever Happened to the Likely Lads?
4.10 Whatever Happened to the Likely Lads?
4.40 Dynasty
5.30-6.00am Angels

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 Little Miracles 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich

3.20 Relationship SOS
Programme giving advice to people who need to revamp their relationships.
3.50 Forgive or Forget
Mother Love deals with relationship problems and tries to resolve them by giving guests the opportunity to forgive.
4.40 Oh Baby
Single mother sitcom.
5.05 Streetmate
Davina McCall plays cupid on the streets of Britain.
5.35 Ready, Steady, Cook
Two top chefs race against the clock to create exciting recipes from mystery ingredients.
6.10
The Jerry Springer Show
American talk show in which the guests engage in lively – and sometimes heated – discussions.
7.00 Judge Judy
Outspoken family court judge Judy Sheindlin presides over real-life cases and conflicts.
7.30 Will and Grace
American sitcom.
8.00 Charmed
Drama series about three sisters who move into a house left to them by their grandmother – only to find they have also inherited her powers of witchcraft.
9.00
FILM: The Heart of the Lie
Lindsay Frost, Timothy Busfield, John Karlen, Linda Blair
The true story of Lauri 'Bambi' Bembenek, a former female police officer sentenced to life imprisonment for the murder of the ex-wife of her husband. *1992*
10.50 Secret Suburbia
A look at seemingly ordinary suburban residents and their extraordinary lives.
11.20-12midnight Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 The Lovers 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

3.00 Boon
Peacemaker
Comedy drama series. Margaret is hired to find a runaway rock star, while Boon looks for a man behind on his alimony payments.
4.00 Kojak
Tears for All Who Loved Her
Police drama series. The wife of a mobster kills her husband, then tries to use her feminine charms to distract the police.
5.00 Hart to Hart
A Question of Innocence
Crime thriller series. Jonathan fights a duel with a sadistic college fencing champion who threatens Jennifer's life.
6.00 Emmerdale Text
6.30
Classic Coronation Street
Audrey fails to return with Alf's car and Vera finds out about Jack and Hilda backing horses.
7.00 Sorry!
Gone but Not Forgotten
Comedy series.
7.30 Robin's Nest
A Matter of Note
Comedy series.
8.00 Boon
The Devil You Know
Comedy-drama series. Ken and Margaret are used to provide a false alibi for a robber, and find themselves under suspicion.
9.00 Kojak
Case without a File
Kojak searches for a woman who disappeared after seeing her boyfriend's killer leave the scene.
10.00-11.00pm Taggart
Ring of Deceit – Part III

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Sex TV
Late-night show that looks at the steamy world of movie making.
11.30 Sexy Shorts
Claire Beckwith and Simon Lloyd look at the hottest music videos.
12midnight South Beach Model Search
12.30am E! Wild On...
The Mediterranean
1.20 Sexy Shorts
1.50-2.00am Crash of the Titans
A compilation of some of the best footage of cars crashing, smashing and exploding.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Toons 10.35 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
The adventures of mermaid Ariel and her friends. Text
3.30 Sabrina
Animation series. Text
3.55 Art Attack
Award-winning innovative art show hosted by Neil Buchanan.
4.30 Recess
Animated series about kids who use the school break to cope with the problems of growing up.
5.00 Miami 7
Pop band S Club 7 star in their own TV series, which provides a mix of music and drama. Text
5.30 Smart Guy
Dateline Text
6.00 Boy Meets World
My Baby Valentine
Cory's plans for Valentine's Day are thrown into confusion.
6.30 Microsoap
Fun-filled kids' sitcom.
7.00 FILM: Toothless
Kirstie Alley, Lynn Redgrave
A dentist is killed in an accident and refused entry into heaven until she can show some sort of human compassion. She's appointed as the Tooth Fairy and meets a boy whose plight melts her icy heart. *1997*
8.20 Honey, I Shrunk the Kids: The TV Show
Honey, It's the Ghostest with the Mostest
Sci-fi comedy.
9.10 Flipper
Marine action adventure starring TV's most famous and best-loved dolphin. Text
10.00 Home Improvement
Comedy double bill. Text
11.00
Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

WEDNESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

The Game
Sky Premier 11.40pm
Se7en director David Fincher explores more dark territory with this deviously scripted shaggy-dog thriller. Powerful businessman Michael Douglas's ordered life is plunged into turmoil after enrolling with a mysterious firm that specialises in yuppie role-playing games.

GENERAL

Shipman: The Man Who Played God
UK Horizons 10.35pm
A documentary charting the events that led to the arrest and conviction of Manchester doctor Harold Shipman for the murder of 15 female patients. Includes interviews with relatives of some of the victims of the man ranked as Britain's most prolific serial killer.

ADVERTISEMENT
UK GOLD

THE DARK ROOM – PART 2 9.00PM
The Minette Walters season concludes with this powerful psychological thriller. Dervla Kirwan (Ballykissangel) stars as photographer Jinx Kingsley who wakes from a coma to be found guilty of the murder of her neuro-psychiatrist.

Wednesday 19 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Athletics
8.30 Cycling
10.00 Football – LIVE
11.45 Cycling
1.00pm Cycling – LIVE
Coverage of the seventeenth stage of the Tour de France, which takes the riders through 155 kilometres of the French countryside. Today's stage goes from Evian-les-Bains to Lausanne.

5.00 PM

5.00 Football
Action from the group matches on the second day of the European Under-18 Championship in Germany.

6.00 PM

6.00
Start Your Engines
Motor sports programme with coverage from the NASCAR Loudon and the American Le Mans Series.

7.00 PM

7.00 CART
The motor racing action continues with highlights of the tenth round of the FedEx Championship series in Toronto, Canada.

8.00 PM

8.00 Boxing
Action from a boxing match featuring two international fighters.

9.00 PM

9.00 Cycling
Highlights from the seventeenth stage of the Tour de France, including reactions, interviews & race statistics.

11.00 PM

11.00-12.30am
Xtreme Sports
The latest news from the world of extreme sports.

12.00 NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre 7.15 WWF – Metal 8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Asian Sports Show 10.00 LPGA Golf: JAL Big Apple Classic 12noon Aerobics Oz Style 12.30pm Fastrax 1.00 International Bowls: Australia v Scotland – Singles

3.00 Rugby: Fullers Beach Rugby
Rugby action from the unusual setting of a beach with a collection of international stars.

4.30 Australian Rally Championships
Motorsport action from Down Under.

5.00 World Wrestling Federation – Metal
Michael Cole and Kevin Kelly provide in-depth commentary on the featured bouts.

6.00
Sky Sports Centre
The latest news from the world of sport.

6.30
Euro Tour Weekly

7.00 Futbol Mundial
A global view and the best current footballing action from around the world.

7.30 Masters Football: Manchester Masters – LIVE
Live football action from the Manchester Masters, staged at the Manchester Evening News Arena. Former United stars are expected to be appearing alongside ex-Manchester City players in the latest round of qualifiers leading up to the Masters final to be held in October.

10.30
Sky Sports Centre
A sports round-up show.

10.45
Rugby League World
A comprehensive guide to the best action from the world of rugby leagues.

12.15am Sky Sports Centre 12.30 Masters Football: Manchester Masters 3.30 Rugby League World 5.00-5.15am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style 7.30 Sky Sports Centre 7.45 Racing News 8.15 Fastrax 8.45 Sky Sports Centre 9.00 Sports Unlimited 10.00 Max Power 11.00 Table Tennis: China Open 12noon World Cup Show Jumping 1.00pm Ladies' Euro Tour Golf: Austrian Open 2.00 LPGA Golf: JAL Big Apple Classic
Defending champion Sherri Steinhauer competes against an impressive field in a bid to reclaim the JAL Big Apple Classic title. Staged at the Wykagyl Country Club in New Rochelle, New York.

4.00 Golf Extra
Dominik Holyer keeps golf fans up to date with the latest news from the major tours on the current golfing circuit, behind-the-scenes features, a look ahead to forthcoming events and interviews with the stars.

6.00
Rugby League World
A comprehensive guide to the best action from the world of rugby league, including the latest from the Super League and Australia's National Rugby League championship.

7.30 Speedway League: Poole v Kings Lynn – LIVE
Jonathan Green hosts the latest action from the Elite Speedway League featuring Poole against Kings Lynn at Wimborne Road. The Pirates are looking to make amends for losing the title to Peterborough at the end of last season with the help of Norwegian speedway champion Lars Gunnestad.

10.00
British Superbike: Oulton Park
Coverage of the British Superbike championship, this time from Oulton Park. It's the seventh leg of the series where the riders chase those precious championship points.

12midnight Watersports World 1.00am Telegraph Action Sports 1.30 Wild Spirits 2.00 Australian Rally Championships 2.30 Speedway League: Poole v Kings Lynn 5.00-5.15am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon Pool: Embassy World Eight Ball Pool – Men's Quarter-Finals
Coverage of the final eight stages of this year's Embassy World Eight Ball Pool championship.

2.00pm
Big Fights: Tommy Farr
The Tommy Farr v Joe Louis fight is in the spotlight in this boxing show.

3.00
A to Z of Motorsport
A look at the history of the motor-racing circuit.

3.30 Johnny Mowlem Porsche Travels

4.00 Fastrax
News and action from the world's alternative sports.

4.30 World Cup Showjumping: Oaks Classics
Top riders from around the world compete in the World Cup of showjumping.

5.30 Telegraph Action Sport
Action sports programme.

6.00 Wild Spirits
Series about sports not for the faint-hearted.

6.30 The Winning Post: Kempton/ Worcester – LIVE
Summer horse-racing action focusing on the meetings at Kempton and Worcester.

8.30
Pool: Embassy World Eight Ball Pool – Men's Quarter-Finals
Coverage of the final eight stages of this year's Embassy World Eight Ball Pool championship.

10.30 Steve Davis and Friends: John McCririck
Steve Davis chats with John McCririck

11.30pm-12midnight Brian Moore Interviews: Neil Young
Brian Moore chats with the former Manchester City star.

SCI-FI
ACTION PACK

8.00am Battlestar Galactica 9.00 Land of the Giants 10.00 Swamp Thing 10.30 Swamp Thing 11.00 The Six Million Dollar Man 12noon Babylon 5 1.00pm Amazing Stories *Guilt Trip* **1.30 Amazing Stories** *The Remote Control Man* **2.00 Battlestar Galactica** *Greetings from Earth – Part II*

3.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs and some near-death experiences.

4.00
Land of the Giants
Deadly Lodestone
The space travellers face capture when a new detection method is found.

5.00 Swamp Thing
The Powers of Darkness
A young boy believes he's a vampire.

5.30 Swamp Thing
Special Request

6.00 The Six Million Dollar Man
Taneha
A guide is caught up in a conflict between the bionic man and a hunting posse.

7.00 Amazing Stories
Guilt Trip

7.30 Amazing Stories
The Remote Control Man
A family man is hounded at work and at home.

8.00 Quantum Leap
Permanent Wave
Sam leaps into the body of a top hairstylist who must protect a witness to a drugs-related murder.

9.00
The Burning Zone
The Last Five Pounds are the Hardest
A diet drug may be causing a life-threatening illness.

10.00 FILM: Progeny
Arnold Vosloo, Brad Dourif, Jillian McWhirter
A couple believe they have undergone some sort of alien encounter when they are engulfed by a blinding blue light and lose two hours of their lives. They are also convinced their child was fathered during the abduction. *1998*

12midnight Lexx
Brizon

1.00am FILM: Ticks
Rosalind Allen, Ami Doenz
Horror about teenagers in the wilderness who must contend with mutant ticks. *1993*

2.35 A Century of Sci-Fi
3.00-4.00am Babylon 5

MTV
MUSIC & GAMES PACK

6.00am Select MTV 8.00 MTV Hits 9.00 Bytesize MTV 12noon MTV Hits 12.30pm Daily Edition
Music and showbiz news.
1.00 MTV Hits
Back-to-back smash hits.
2.00
The Lick R&B Chart Show
Trevor Nelson takes a look at the UK R&B scene.

3.00 Bytesize MTV
A constant barrage of highlights from different MTV stations around the world in short soundbites.

4.00 Select MTV
Viewers make MTV their personal jukebox. Live from London every day with two hours of chat, videos and guest appearances from some of the most promising names in pop. Presented by Kelly Brook.

6.00 Bytesize MTV
A fast-cut window into the world of music television, featuring highlights from the global MTV network.

7.00 MTV Hits
Another sixty minutes of hit music videos.

8.00 The Lick R&B Chart Show
Videos, news and interviews with the heavyweights of the R&B scene. With Trevor Nelson.

9.00 Daily Edition
Emma Ledden and Edith Bowman deliver stories from the world of showbiz.

9.30 Celebrity Death Match

10.00
The Tom Green Show
More anarchic fun with the Canadian comedian.

10.30 Loveline USA
Problems and advice.

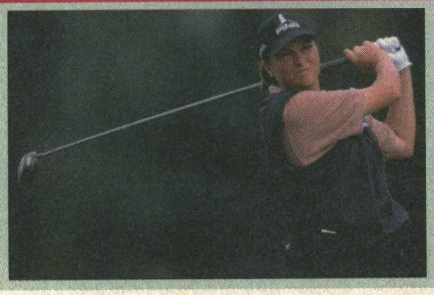
11.00 The Late Lick
Brand-new videos, news and interviews with the heavyweights of the R&B scene, presented by Trevor Nelson.

12midnight Yo!
The latest hits from the world of rap and hip-hop, from Grandmaster Flash through to Busta Rhymes.

1.00am-6.00am
Night Videos
A selection of music videos, charts and features.

LPGA GOLF: JAL BIG APPLE CLASSIC
SKY SPORTS 1 10.00AM, SKY SPORTS 2 2.00PM

If Europe is to win back the Solheim Cup in the autumn, then performing well in events like the JAL Big Apple Classic is important for team morale. In last year's tournament at the Wykagyl Country Club in New Rochelle, New York, the American Sherri Steinhauer (pictured) beat Lorie Kane of Canada in an exciting play-off. A home victory again looks likely, although big-hitting Laura Davies – who has already won in Los Angeles and Texas on the LPGA Tour this year – may upset the odds.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Stripsearch: Las Vegas 11.15 Most Wanted 12midnight Freeview 12.12am The Sex Clinic with Dr Jenny Tulls 12.35 Adult Feature 1.00 FILM: The Virgins 2.25 Panties 3.00-4.00am Electric Blue

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am FILM: Taboo 15 1.00 The Five Minute Freeview 1.05 FILM continues 1.20 FILM: Boob Watch 3 2.30 FILM: Haiku
Erotic drama.
3.40-4.00am Heat and Lust

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Wednesday 19 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
11.00 Bob Mills' Big 80s
12noon Behind the Music: Gloria Estefan
1.00pm Greatest Hits: Wham!
1.30 Pop-Up Video
2.00 Jukebox
Turn your TV set into a music video jukebox.

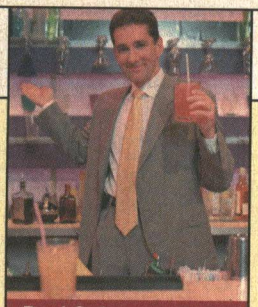
3.00 How Was it for You? – Brinsley Forde
A look back over the career of the Reggae musician.
4.00 Beat Club 80s
4.30 Greatest Hits: UB40
All the best numbers from the band that took its name from the dole card.
5.00 Ten of the Best: Status Quo
Evergreen rockers Francis Rossi and Rick Parfitt select their ten favourite music videos.
6.00 Talk Music
The latest music news, live performances and reviews of the latest releases.
6.30 Greatest Hits: Wham!
7.00 Top Ten
The latest rundown of the ten biggest music videos of the moment.
8.00 The Millennium Classic Years: 1982
Take a trip down musical memory lane with the headlines and tracks that shaped the year of 1982.
9.00 Behind the Music: Depeche Mode
The British stadium band discuss their various musical influences.
10.00 Behind the Music: Blondie
Spotlight on the seminal band, tracing their ups and downs through rare footage and interviews.
11.00 Behind the Music: The Police
Featuring footage from the band's impromptu reunion at Sting's 1992 wedding, plus home movie clips.
12midnight Pop-Up Video
Top trivia from the irreverent pop-up-video collection.
12.30am Greatest Hits: Wham!
All their biggest numbers.
1.00 Hey, Watch This!
2.00 VH1 Flipside
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Belize Rainforest
1.00 Aspinall's Animals
Documentary on the work of the wildlife conservationist.
1.30 Aspinall's Animals
2.00 Pet Rescue
More RSPCA rescue cases.
2.30 Kratt's Creatures
City Critters

3.00 K-9 to 5
Series profiling canines with unique jobs.
3.30 K-9 to 5
Series profiling working canines with unique jobs.
4.00 Animal Planet Unleashed
The horse dentist pays another visit.
4.30 Croc Files
With Steve and Terri Irwin.
5.00 Pet Rescue
More RSPCA rescue cases observed.
5.30 Going Wild with Jeff Corwin
Belize Reef
6.00 The Aquanauts
A report from the Mosquito Coast on the crisis facing the lobster-diving industry.
6.30 Croc Files
With Steve and Terri Irwin.
7.00 Australia Wild
Rock Opera
Meet the wallabies of Queensland's Black Rock.
7.30 Australia Wild
Nature's Gamblers
8.00 Wild Rescues
Tales of human and animal courage.
8.30 Wild Rescues
Further tales of human and animal courage.
9.00 Crocodile Hunter
Steve and the Dragon
Steve Irwin looks at the world's largest living lizard – the Komodo dragon.
10.00 Deadly Australians
Arid Environment
10.30 Deadly Australians
A look at marine life.
11.00 Emergency Vets
A schnauzer has what appears to be a case of fertiliser poisoning.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area



Paul Coia presents 'Cocktail Challenge'. Carlton Food Network 10.00am

ITV2
ACCESS PACK

4.00pm Trisha
A double bill of heart-warming and hair-raising true stories with Trisha Goddard and a studio audience. Text
6.00 The Extremists
6.30 Touch Football
7.00 Amazing Games
7.30 ISKA Karate
8.00 Sunset Beach
Gregory buys the pictures of Olivia throwing a gun into the ocean and Vanessa is accosted by thugs.
8.50 Chart Choice
9.00 Grafters
Trevor and Simon are building a conservatory for neighbours Geoff and Pippa – but Nick tries to throw a spanner in the works. Text
10.00 Coronation Street
A chance to see tonight's episode from ITV. Text
10.30 Emmerdale
Rural soap. Text
11.00 The Jerry Springer Show
Outrageous US talk show in which guests engage in lively discussion.
11.50 The Late Show with David Letterman
Top-rated chat show with host David Letterman.
12.40am Freaky Stories
Ghoulish animation.
12.50 The Extremists
1.20-1.50am Touch Football

UK STYLE
LIFESTYLE PACK

7.00am Holiday on a Shoestring 7.30 Holiday Swaps 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Changing Rooms 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 When Changing Rooms Met Ground Force 12noon Good Living 12.30pm Style Challenge 1.00 Meals in Minutes 1.30 Ready, Steady, Cook 2.00 BBC Gardener of the Year 2.30 Garden Stories

3.00 Home Front in the Garden
Nottingham Arthouse
3.30 Home Front in the Garden
Edge
4.00 Stefan's Garden Roadshow
Horticultural advice.
4.30 Good Living
Lifestyle series presented by Jane Asher.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms Down Under
With Suzie Wilks.
6.00 Antiques Roadshow US
Members of the US public bring in their antiques to Denver's Shrine Auditorium for evaluation.
7.00 Real Rooms
Birmingham Dining Room
7.30 Change That
The interior design roadshow visits Ragley Hall in Warwickshire.
8.00 Style Challenge
Fashion experts perform more dream makeovers.
8.30 A Room with a Clue
Quiz show with Fi Glover.
9.00 When Changing Rooms Met Ground Force
Horticulturalists and interior designers try swapping tasks.
10.00 All the Right Moves
With Quentin Willson.
10.30 House Invaders
Leighton Buzzard
DIY makeover show.
11.00 Learn to Garden with Stefan Buczacki
11.30 Charlie's Garden Army
With Charlie Dimmock.
12midnight Gardeners' World
Gardening magazine with Alan Titchmarsh.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki offers more help and advice on various gardening dilemmas.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Fat Files – A Horizon Trilogy Text **7.50 Sea Trek 8.20 Barking Mad** Text **8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.15 Life on Earth 11.15 The Deep 12.15pm Animals in Uniform** Text **12.45 City Hospital 1.45 Doctors at Large 2.15 Doctors at Large 2.45 Fat Files – A Horizon Trilogy**
Born to Be Fat
Scientists discuss the possibility that chemical imbalances in the brains of obese children are responsible for weight gain. Text

3.45 Vets to the Rescue
Stories of pets in need.
4.20 Barking Mad
Animal behaviourists tackle more problem pets.
4.50 Animal Hospital
Rolf Harris observes more RSPCA cases.
5.25 Children's Hospital
A girl is treated for juvenile chronic arthritis.
5.55 City Hospital
Gaby Roslin and her team deliver another report on the triumphs and trials of patients and staff at Southampton General.
6.55 Learners
Meaghan is a bundle of nerves as her driving test approaches.
7.30 Chopper Coppers
Hotel 900
Police documentary series.
8.00 Barking Mad
Animal behaviourists tackle more problem pets.
8.30 Children's Hospital
Real-life medical drama.
9.00 Paddington Green
Jackie is still recovering from her plastic surgery.
9.35 Neil Morrissey's Dive to Shark City
Documentary which ventures in search of sharks.
10.35 Shipman: The Man Who Played God
The case of Dr Harold Shipman, who was convicted of murdering 15 of his patients.
11.35 Unabomber
12.10am-1.00am Clash of the Titans

UK PLAY:
1.00am Shooting Stars 1.30 Very Important Pennis 2.05 Vic Reeves 2.35 Reeves and Mortimer 3.10 Soundtrack to My Life 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Funny Noise 4.45 Hey DJ 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow – Cooked in a Flash 9.30 Ideal Home Cooks 10.00 Cocktail Challenge 10.30 Simply Baking 11.00 Flash in the Pan 11.30 Chef for a Day 12noon Antony's Scotland 12.30pm The Spice Trail 1.00 Coxon's Kitchen College 1.30 Spice World 2.00 Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow – Cooked in a Flash
Recipes for healthy meals.
3.30 Tessa's Tastebuds
Berries
4.00 Simply Baking
Baked Fruits
With Andrew Nutter.
4.30 Ideal Home Cooks
With Nanette Newman.
5.00 Superchefs
5.30 Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm Newman Meets

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Joachim Goes to America
Join a Wayana tribesman and his wife as they experience the culture shock of a Florida holiday.
8.00 Afrikan Odyssey
Kingsley Holgate and his family attempt to follow the Zambezi River through six countries, all the way from its mouth to its source.
9.00 Waterblasters
9.30 Combat Cameramen
Meet the men who risked their lives to capture the horrors of World War II.
10.00 Disaster!
Hear tales from landslide and avalanche survivors and gain insights into these hazards from snow scientists and geologists.
11.00 Survival of the Yellowstone Wolves
Follow the first year of the reintroduction of the wolf into America's greatest national park.
12midnight Secret Subs of Pearl Harbour
Take a fascinating trip beneath the waters.
12.30am-1.00am Civil War Games
Civil War devotees gather at Virginia's Cedar Creek to re-enact a pivotal battle.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
With Tom O'Connor.
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
Hidden camera pranks.
7.30 Winner Takes All
8.00 Gladiators
Physical challenge show.
9.00 Whittle
With Tim Vine.
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
Wakefield
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Dig it with Den 7.00 The Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 The House Doctor 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Dig it with Den 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country – Get Stuck In 11.10 Space Invaders 11.40 Home Savvy 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 Home Again with Bob Vila 1.45 Wood Wizard 2.15 How to with B & Q 2.20 New Yankee Workshop 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Ibiza 2000 10.30 That Film Show 11.00 Fearless 11.30 Boardstupid 12noon Mountain Bikes 12.30pm World Wind Surf 1.00 That Film Show 1.30 Byte Me 2.00 High Adrenalin Action 2.30 e-trippers 3.00 Byte Me 3.30 Surf Film 4.30 Chilli Factor 5.00 Hip-Hop Special 5.30-6.00pm Fearless

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

Wednesday 19 July

MORNING

CABLE CHECK
Some of the channels listed may not be available in your area

DISCOVERY
WORLD PACK

3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

4.00pm Rex Hunt Fishing Adventures
Rex Hunt goes on a quest for the mako shark.
4.30 Discovery Today
Science magazine.
5.00 Egypt
Age of Gold
A look at how Egypt used gold to become the greatest empire the world had ever seen.
6.00
Profiles of Nature
Bear Attack – Polar Bears
Discover the steps being taken to limit polar bear attacks on humans.
7.00 Diving School
Documentary about trainee divers.
7.30 Discovery Today
Bizarre and unusual stories from the world of science.
8.00
Non-Lethal Weapons
Learn how alternative weapons are being created to maintain peace, fight wars and prevent crime.
9.00 Super Bridge
The story of the building of one of the most unusual bridges in the USA – the Clark Bridge across the Mississippi at Alton, Illinois.
10.00 Buildings, Bridges and Tunnels
Tunnels
Uncover the genius behind six unsung engineering masterpieces.
11.00
Great Commanders
Nelson
How victory at Trafalgar secured Britain's naval domination for a century.
12midnight Time Team
Malton, North Yorkshire
Tony Robinson and his team of intrepid treasure hunters attempt to uncover 2,000 years of English history including a Roman fort.
1.00am Secret Mountain
1.30-2.00am
Discovery Today

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask
3.00
Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30
Dexter's Laboratory
4.00
The Powerpuff Girls
Trouble in Townsville calls for the three heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Johnny Bravo
The quiffed egomaniac returns for another round of posturing.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky tales.
7.30 Looney Tunes
8.00
Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm
FILM: 7 Women
Anne Bancroft, Sue Lyon, Margaret Leighton
Drama set in China in the Thirties, in which a doctor sacrifices her honour in order to ensure the safety of a religious mission. *1966*
10.40-1.00am Film: The Fountainhead
Gary Cooper, Patricia Neal
Drama in which an idealistic young architect vows to wreak revenge on society after having his ideas rejected. *1949*

CARTOON NETWORK:
1.00am Fat Dog Mendoza
1.30 Magic Roundabout
2.00 Tidings 2.30 Tabaluga
3.00 The Fruitties
3.30 Blinky Bill
4.00 Fat Dog Mendoza
4.30-5.00am
The Magic Roundabout

NICKELODEON
FAMILY PACK

6.00am Rocko's Modern Life 6.30 Rocko's Modern Life 7.00 Transylvania Pet Shop 7.30 Transylvania Pet Shop 8.00 Ren and Stimpy 8.30 Ren and Stimpy 9.00 Kenan and Kel 9.30 Kenan and Kel 10.00 Sister Sister 10.30 Sister Sister 11.00 Cousin Skeeter 11.30 Cousin Skeeter 12noon Rugrats 12.30pm Rugrats 1.00 Wild Thornberrys 1.30 The Wild Thornberrys 2.00 The Wild Thornberrys 2.30 The Wild Thornberrys
3.00
The Wild Thornberrys
More jungle adventures.
3.30
The Wild Thornberrys
Jungle adventures.
4.00 Kenan and Kel
The adventures of two funky friends.
4.30 Kenan and Kel
With Kenan Thompson and Kel Mitchell.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Ellen
Lobster Diary
Ellen saves a lobster from being eaten at a restaurant.
8.30 Just Shoot Me
Pass the Salt
9.00 Married... with Children
Sixteen Years and what Do You Get?
9.30 Cybill
Grandbaby
10.00 Frasier
My Fair Frasier
Frasier has a relationship with a defence attorney.
10.30 Harry Hill
Surreal humour.
11.00 Vic Reeves Big Night Out
Hosted by Vic Reeves.
11.30 Cheers
Indoor Fun with Sammy and Robby
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio
1.35 Duckman
2.00 DiResta
2.30 Nurses
3.00
It's Garry Shandling's Show
3.30-4.00am
Abbott and Costello

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK
3.00 Diabolik
Spectacular stunts.
3.25
Woody Woodpecker
3.35 Sailor Moon
Cult Japanese cartoon.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50
Mad Jack the Pirate
5.00
Monster Rancher
5.20
Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
Round-up of the best-sellers.
7.00 Beauty Shop!
7.30 Shop! Special
8.30 Clothes Shop!
9.30 Sports Shop!
10.00 Kitchen Shop!
11.00 Holiday Shop!
12noon Shop! Outlet
12.30pm Shop! Selection
1.30 Shop! Special
2.30 Entertainment Shop!
Games and consoles.
3.30 Home Shop!
4.30 Jewellery Shop!
5.30 Shop! Preview
6.00 Shop! Selection
7.00-7.30pm Kitchen Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows.
Saturdays: The best of the week and children's programming.
Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business This Morning 6.00 This Morning 6.30 World Business This Morning 7.00 This Morning 7.30 World Business This Morning 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Business Unusual 1.15 Asian Edition 1.30 World Report 2.30 Showbiz 3.30 Sport 4.30 Style 5.00 Larry King 7.30 World Business Today 8.30 Q&A 9.30 Insight 10.00 World Business Today 10.30 Sport 11.00 World View 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia Business Morning 1.45 Asia Business 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus:
6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm PMQs 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 PMQs 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 PMQs 2.30 Sky Business Report 3.30 Showbiz Weekly 4.30 Fashion TV 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Magellan 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Deux Flics 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal Télévisé 1.15 Deux Flics 3.00 Journal Télévisé 3.15 Questions 3.30 Grands Gourmands 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal Télévisé 7.30 Journal et le Journal du Temps 8.00 Infos 8.05 Pulsations Magazine RTBF 9.00 Journal Télévisé 9.15 La Dictée des 'Profs' 11.00 Le Journal du Tour 11.30 Infos 11.35-12midnight Journal Télévisé

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

8.00am DD News 9.00 FILM 11.30 News 12noon Non Stop Hungama 12.30pm Suzhal 1.00 Sansar 1.30 FILM 4.00 Inspector Vijay 4.30 Kakaji Kahen 5.00 Short Stories 6.30 Asianet Aur Aap 7.15 Sansar 7.40 News 8.00 Aarzoo 8.30 FILM 11.30 News 12midnight MTV Fresh 12.30am Asianet Aur Aap 1.00 FILM 4.00 Aainey 5.00 Sansar 5.30 Nashaib 6.00 Inspector Vijay 6.30 DD Programme 7.00-7.30am Satsang Sudha

ZEE TV
ADD-ON CHANNEL

6.00am Out and About 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Christianity 7.30 Daily News 8.00 Ru Ba Ru 8.30 Tara 9.00 Rishtey the Love Stories 10.00 Rasm E Ashnai 11.00 Khoobsurat 11.30 Aangan 12noon FILM 3.00pm Yeh Hain Mere Apne 3.30 Hip Hip Hurray 4.00 Raahat 4.30 Alvida Darling 5.00 Muskan 5.30 Aangan 6.00 Sa Re Ga Ma 7.00 Lakeerein 7.30 Saath Saath 8.00 News 8.20 Tips Tops 8.30 Amanat 9.00 Tum Hi To Ho 10.00 Thriller at 10 10.30 Nagin 11.00 Agni Chakra 11.30 Making of a Legend 12midnight News 12.30am FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Filmi Deewane 5.30-6.00am Hit Thi Hit Hai

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Gospel Truth – Andrew Wommack 6.00 Life is for Living 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 CMTV 8.20 Thought for the Day 8.30 Life in the Word 9.00 Winning in Life 9.30 Winning Ways 10.00 Deciding Your Destiny 10.30-11.00am 700 Club Replay

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.30 Wall Street Report 3.00 Tokyo Live 3.30 Wall Street Report 5.00-6.00am US Market Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30 Westminster Hall 2.00pm European Focus 2.30 House of Commons 3.00 PMQs 3.30 House of Commons 11.00 The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon The Boy Who Gave Away the Bomb
12.55pm
Photos for the Future II
1.00 Nelson at Trafalgar
2.00 Biography
Nelson Mandela
3.00 Fabulous Fortunes
Dirty Money – Drugs and Gangs
3.30 Playback with Sir Ranulph Fiennes
4.00 Combat Camera
5.00 Tales of the Gun
6.00 Devil's Island
The story of the infamous French penal colony.
6.55
Photos for the Future II
7.00 Secret of U 110
8.00 Biography
Nat King Cole
A profile of the singer.
9.00 Great Crimes and Trials
The Rise of the Mafia
9.30-10.00pm
Great Crimes and Trials
Murph the Surf

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Buckley Fashion Jewellery at 7.00pm.

Get the revolutionary new Flex - and the tummy you've always wanted.

Flex is absolutely unique. It's like no other muscle toning system you've ever seen before and it's clinically proven to work. This entirely new technology exercises all the stomach muscles - it's the new, smart way to a firmer, flatter stomach and a sexier body.

Clinically proven results

Flex uses clinically proven technology. In trials, 9 out of 10 users reported an improvement in firmness, and 8 out of 10 reported an improvement in flatness and there was a 20% improvement in muscle strength. Depending on your size and fitness level, you could start to feel a difference after only 10 days and see significant results in 4 to 8 weeks. Used with regular exercise and healthy eating, you can look forward to a firmer stomach, increased muscle strength and a better looking body.

Flex, available only from Slendertone, is designed to be so easy to use it will become part of your life. You'll use it because it works - and it works because you'll use it.

Easy to use

There are no fiddly wires, just a lightweight breathable belt. Simply wrap the belt around your waist, press the start button and Flex starts stimulating the nerves which cause all the stomach muscles to contract - even those that are not directly under the belt.

Sleek, compact and portable

Flex is small, sleek and portable - so you can use it just about whenever - and wherever - you want. While you're relaxing, at home, while using other equipment at the gym or even at work.

Smart training system

An "intelligent control" feature and in-built memory moves you through four exercise programmes and prompts you to increase your exercise levels for optimum results. The Flex system motivates, sets targets and includes a personal planner to record and co-ordinate your diet and exercise programme. And you can rely on our support - simply phone us or visit our website for advice and help when you need it. Flex could change the way you look - and the way you feel.

Easy payments and money-back guarantee

You can get the new Flex in three easy monthly instalments of just £52. And if, after using Flex for 8 weeks after purchase, you're not satisfied that it can help you get a firmer stomach call the Slendertone Careline and we'll give you your money back. To order or for more information, call the Careline now with your credit card details, quoting ref FFFAC/CG1/00, or complete and return the coupon below.

Flex works

- ***C.S.I. technology™*** *- Flex uses unique C.S.I. technology (patent pending) developed by Slendertone, a world leader in muscle toning.*
- ***Nerve stimulation*** *- This breakthrough technology produces muscle contractions by stimulating the nerves which control the muscle fibres - pads are fixed to the belt and there are no wires.*
- ***Targets all the muscles*** *- Flex targets the nerves where they are closest together - between the ribcage and the hips - for a highly effective, totally safe* stimulation of all the abdominal muscles at the same time.*
- ***Harder working*** *- Flex works your muscles harder for you by producing strong and deep yet comfortable muscle contractions.*

0845 070 77 77

www.slendertone.co.uk

Get regular Flex and the tummy you've always wanted.

flex appeal

Slendertone UK, 12 Fenton Way, Southfields, Basildon SS15 6TY www.slendertone.co.uk

*If you suffer any illness or on-going medical condition, please consult your doctor before ordering.

To order, simply complete this coupon and post in an envelope with your payment to:

Slendertone UK, 12 Fenton Way, Southfields, Basildon SS15 6TY

Please allow up to 7 working days for delivery.

YES, I would like to order a Slendertone Flex for women for just £150 plus £5.95 p&p (total £155.95).

Name (Mr/Mrs/Miss/Ms)

Address

Postcode

Tel. No. E-mail

☐ I am ordering for myself ☐ I am ordering as a gift

Please tick method of payment:

A single payment of £155.95.

☐ By cheque payable to Slendertone UK (please write your cheque guarantee card number on the back).

☐ By credit/debit card. Please debit my Mastercard/Visa/Switch/Delta for £155.95.

By instalments.

☐ By cheque. I enclose 3 cheques payable to Slendertone UK for £52 each, dated at monthly intervals. (Please write your cheque guarantee card number on the back of each cheque).

☐ By credit/debit card.

Please debit my Mastercard/Visa/Switch/Delta for 3 payments of £52 each dated at monthly intervals.

Acct/card No: (Switch only)

Card start date / Expiry date / Switch issue no

Signature

£5.95 p&p applies to UK only. For non UK international courier delivery £35.95.

☐ Please send me more information on Flex for Women.

☐ Please send me more information on Flex for Men.

If you would prefer not to receive information from other companies with products or services which may be of interest to you, please tick this box ☐

FFFAC/CG1/00

SLENDERTONE™ FLEX Abdominal Training System

Thursday 20 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Driving Me Crazy
1991, rating Sky PG, 103 mins
7.50 Buddy
Eccentric animal adventure. **Text** *1997, rating Sky U, DS, 80 mins*
9.15 Everything that Rises
1998, rating Sky PG, 90 mins
10.50 Driving Me Crazy
1991, rating Sky PG, 103 mins
12.40pm The Truman Show
Text *1998, rating Sky PG, 99 mins*
2.30 The Grass Harp
Sissy Spacek, Piper Laurie
Gentle comedy based on the Truman Capote novel. A boy is sent to live with his eccentric spinster cousins following the death of his mother. But one of the spinsters is too much to bear and the boy runs away with his other cousin. **Text** *1998, rating Sky PG, DS, 102 mins*
4.20 Buddy
Rene Russo, Robbie Coltrane
Fact-based, eccentric animal adventure. A Twenties socialite and animal lover adopts a 500 pound gorilla which she treats as her son. **Text** *1997, rating Sky U, DS, 80 mins*
5.45 Left Luggage
Isabella Rossellini, Laura Fraser
PREMIERE Family drama. Set in 1970s Amsterdam, a liberated young Jewish girl becomes the nanny of a retarded boy from a strict Hassidic Jewish family. Her ideas begin to clash with the family beliefs and rules. *1998, rating Sky PG, 96 mins*
7.30 Barry Norman Interview with Mike Leigh
Barry Norman meets acclaimed British writer-director Mike Leigh.
8.00 The Truman Show
Jim Carrey, Ed Harris, Natascha McElhone, Noah Emmerich
Witty drama which was nominated for three Oscars. Strange things start to happen to a smalltown man who discovers that he is the unwitting star of a world-famous, fly-on-the-wall soap opera. But escaping from the story is not in the script. **Text** *1998, rating Sky PG, 99 mins*
10.00 Alien Resurrection
Sigourney Weaver, Winona Ryder, Dominique Pinon
The fourth instalment of the *Alien* saga. Cloned by geneticists to recover an alien embryo, the alien-battling heroine returns to find mutant DNA in her blood and aliens on the loose. **Text** *1997, rating Sky 18, 104 mins*
11.50 Deconstructing Harry
Woody Allen, Demi Moore
Surreal comedy. **Text** *1997, rating Sky 18, 92 mins*
1.30am Dying Young
1991, rating Sky 15, 107 mins
3.25 The Governess
1997, rating Sky 15, DS, 110 mins
5.20-6.00am Femmes Fatales: Susan Sarandon

SKY MOVIEMAX
PREMIUM CHANNEL

6.25am Mystic Nights and Pirate Fights
1999, rating Sky U, DS, 101 mins
8.10 Life's Little Struggles
1999, rating Sky PG, 86 mins
10.00 Dangerous Evidence
Lynn Whitfield, Richard Lineback
1999, rating Sky PG, 86 mins
12noon Melanie Darrow
Delta Burke, Brian Bloom
1997, rating Sky PG, 83 mins
2.00pm Life's Little Struggles
Melissa Reeves, Scott Reeves Teri Garr, Kate McNeil
Real life drama telling the story of America's first surviving sextuplets, from their conception – aided by fertility treatment – to their birth. *1999, rating Sky PG, 86 mins*
4.00 Dangerous Evidence
Lynn Whitfield, Richard Lineback, Richard Yearwood
Drama based on a true story. A female lawyer takes up the cause of a young marine accused of a brutal rape that she firmly believes he did not commit. But, with justice in sight for the marine, an unexpected tragedy has to be faced up to. *1999, rating Sky PG, 86 mins*
6.00 Rescuers: Stories of Courage – Two Couples
Dana Delany, Linda Hamilton
Moving wartime drama. In the middle of appalling persecution, many Christians became involved in saving Jews from the brutal Nazi Holocaust. The film follows two couples who risk their own lives to protect Jewish refugees from German raids. *1998, rating Sky PG, 105 mins*
8.00 I Married a Monster
Richard Burgi, Susan Walters, Tim Ryan, Barbara Niven
PREMIERE Re-make of the 1958 sci-fi thriller. A man wanders into a wood on the eve of his wedding and emerges possessed by an alien. His bride is about to marry an alien. **Text** *1998, rating Sky 12, 86 mins*
9.40 The Fiancée
Short film. *1999, 20 mins*
10.00 Lethal Weapon
Mel Gibson, Danny Glover, Gary Busey, Mitchell Ryan
Action thriller. An LA detective only has a few years to go until he can claim his pension and settle down to a peaceful life with his family. However, a shadow is cast across this rosy future when he is assigned a volatile new partner with a deathwish. *1987, rating Sky 18, DS, 112 mins*
12midnight I Know What You Did Last Summer
Horror film. **Text** *1997, rating Sky 15, DS, 96 mins*
1.40am Body Parts
1991, rating Sky 18, 85 mins
3.10 Every Mother's Worst Fear
1998, rating Sky 12, 88 mins
4.45-6.20am Damnation Alley
1977, rating Sky PG, 87 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm Anna Karenina
Vivien Leigh, Ralph Richardson, Kieron Moore, Hugh Dempster
Screen adaptation of Tolstoy's novel about the wife of a staid Russian aristocrat who falls in love with a dashing cavalry officer. Pregnant by a man who is not her husband, her free-thinking wild spirit is tragically at odds with the hidebound social circles she moves in. *1947, rating Sky PG, 134 mins*
6.20 The Adventure of Sherlock Holmes' Smarter Brother
Gene Wilder, Madeline Kahn, Marty Feldman, Dom DeLuise
Comedy spoof. The elder brother of the famous detective is jealous towards his sibling, leading him to try and upstage the Baker Street sleuth at every turn. *1975, rating Sky PG, 87 mins*
8.00 Taps
George C Scott, Timothy Hutton, Sean Penn, Tom Cruise
Siege drama set in an American military training academy, with a variety of fresh-faced stars as rebellious young recruits. The students decide to stage their own military coup and occupy the college when plans for its closure are mooted. But they have underestimated the task in hand. *1981, rating Sky 12, 121 mins*
10.10 Bad Boys
Sean Penn, Reni Santoni, Ally Sheedy, Jim Moody
Violent drama. An adolescent gang member is imprisoned and establishes himself as the leader. But his authority is challenged by the arrival of a new cellmate who has been imprisoned for raping the leader's girlfriend. *1983, rating Sky 18, 105 mins*
12midnight Maniac
Kerwin Mathews, Nadia Gray
Thriller. An American artist is menaced by his girlfriend's psychopathic father. *1962, rating Sky 15, 83 mins*
1.30am Taps
1981, rating Sky 12, 121 mins
3.40-5.40am Bad Boys
1983, rating Sky 18, 105 mins

Isabella Rossellini stars in the premiere of 'Left Luggage', which explores anti-Semitism. Sky Premier 5.45pm

FILMFOUR
ADD-ON CHANNEL

6.00pm The Whole Wide World
Vincent D'Onofrio, Renée Zellweger, Ann Wedgeworth
Romance set in Texas in the 1930s. A young schoolmistress meets a handsome eccentric. He's a successful writer of pulp stories for a famous comic book hero and she's an aspiring one. A friendship develops into a gentle courtship. *1996, 112 mins*
8.00 Muriel's Wedding
Toni Collette, Rachel Griffiths
Hit Australian romantic comedy. An ugly duckling gets the chance to run away from her suffocating family when a fellow Abba fan walks into her life and the chance for adventure beckons. An unlikely wedding gives her the chance to get one up on all the prettier girls who sneered at her. *1994, 101 mins*
10.00 One from the Heart
Frederic Forrest, Teri Garr, Natassja Kinski, Raul Julia
Modern fantasy musical paying homage to the old Hollywood style. A couple fall in love, out of love, cheat on each other and then fall back in love again in a Las Vegas created entirely on studio sets. **Text** *1982, 98 mins*
11.45 The Last Emperor
John Lone, Joan Chen, Peter O'Toole, Ying Ruocheng
A dramatic history of the last Emperor of China, from his brief reign to his decline into obscurity as a peasant. *1987, 209 mins*
3.20-5.05am Saviour of the Soul
Anita Mui, Andy Lau
Hong Kong action thriller about a pair of twins. *1992, 92 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Weekend in Havana
Alice Faye, Cesar Romero, Carmen Miranda, John Payne
Lavish Hollywood musical. A young woman boards a ship bound for Havana but it runs aground. She falls for the man sent to rescue her and fails to understand that he is engaged. Meanwhile a gambler has fallen for her and his girlfriend is not amused. *1941, 80 mins.*
9.00 The Waterdance
Eric Stoltz, Wesley Snipes, William Forsythe, Helen Hunt
Drama. A young novelist breaks his neck in a tragic accident and finds himself in a rehabilitation hospital where he must learn to cope with life in a wheelchair. He and his fellow patients – a ladies' man and a racist biker – must each find their own way of adjusting. *1992, 100 mins*
11.00 Paper Lion
Alan Alda, Lauren Hutton, Alex Karras, David Doyle
Fact-based sports comedy. A sports journalist wants to write a story on quarterbacks, so he goes undercover at the Detroit Lions Football team training camp. **Text** *1968, 101 mins*
1.00am Harry in Your Pocket
Crime comedy. *1973, 103 mins*
3.00 Far North
Comedy drama. *1988, 90 mins*
5.00-7.00am San Francisco Story
Western. *1952, 80 mins*

MORNING

NIGHT TIME

6.00 AM
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00

FRONT ROW

SCREENING WHEN YOU'RE GOOD AND READY

WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure. BL: Some, mild. S/N: None. V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure. BL: Some, mild. S/N: None. V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

TWIN DRAGONS
Rating 12, 86 mins
Action comedy thriller. A case of mistaken identity brings two brothers – one a martial arts expert, the other a musician back together. Stars Jackie Chan.
T/C: Action comedy. BL: Infrequent, mild. S/N: Infrequent, mild references. V: Occasional, moderate, comic.
6.45pm, 8.30pm, 10.15pm, 12midnight, 1.45am, 3.30am

Channel 53

THE MATRIX
Rating 15, 131 mins
Sci-fi thriller. A young man finds himself in a sinister world of virtual reality. Stars Keanu Reeves, Carrie-Anne Moss and Laurence Fishburne.
T/C: Sci-fi, adventure, virtual reality.
BL: Occasional, mild.
S/N: None.
V: Frequent, strong, fantasy.
6.30pm, 9.00pm, 11.30pm, 2.00am

Thursday 20 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon
10.00 Pokémo
10.30 The Simpsons Text
11.00 WWF – Metal
12noon The New Adventures of Superman
1.00pm Xena: Warrior Princess
2.00 Mega Babies
2.30 Godzilla

3.00 Mummies Alive
True Believer
3.30 Pokémon
Pokémon Scent-Sation
Ash learns a valuable lesson about training *Pokémon.*
4.00 Pokémon
Pokémon Fashion Flash
The friends find trouble in a town famous for its Pokémon salons.
4.30 Pokémon
Sparks Fly for Magnemite
5.00 Star Trek: Voyager
Unforgettable
Chakotay meets the woman he fell in love with the previous week but he cannot recall anything at all about her.
6.00 Veronica's Closet
Vernica's Mole
Someone steals Ronnie's ideas.
6.30 Friends
The One With all the Resolutions
Twentysomething comedy. Text
7.00 The Simpsons
Lisa's Substitute
Lisa develops a crush on a substitute teacher. Text
7.30 The Simpsons
Bart the Lover Text
8.00 Popular
Under Siege
The battle between Sam and Brooke intensifies as Sam uses her newspaper column to wage war on the cheerleaders.
9.00 Friends
The One where Doctor Ramoray Dies
9.30 ER
Take These Broken Wings/
Hospital drama. Jeanie gives her husband some devastating medical news and Ross lives up to his dad's low expectations.
10.30 ER
John Carter, MD
Dr Carter misses his own graduation ceremony. Text
11.30 Uncut! Yanky Panky
A comic look at the weird and wonderful things that happen across the Atlantic, including the very best in sleaze.
12.30am Star Trek: Voyager
Unforgettable
1.30 New York Undercover Text
The Solomon Papers
2.30-6.00am Long Play
A VJ-free selection of rock, indie, R&B and dance music videos through the night.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am 'Allo 'Allo! 6.40 Bread 7.15 The Brittas Empire 7.50 Birds of a Feather 8.25 EastEnders Text 9.00 The Bill Text 9.30 The Bill Text 10.00 Bergerac 11.00 Knots Landing 11.55 Neighbours 12.25pm EastEnders Text 1.00 Dangerfield 2.00 Knots Landing

3.00 The Bill
Black and Blue Text
3.30 The Bill
A Bunch of Fives
Shock waves hit Sun Hill when Beech is found beaten up. Text
4.00 EastEnders
Ricky and Bianca arrange a secret rendezvous and Phil has a surprise visit from Nadia. Text
4.35 Neighbours
Debbie resorts to blackmail.
5.00 'Allo 'Allo!
Wartime sitcom. The war nears its end, but what's happened to the Fallen Madonna with the Big Boobies? Text
5.40 Bread
Sitcom about a Liverpool family. Aveline is taken to hospital. Meanwhile, Joey's love life suffers a serious setback.
6.20 The Brittas Empire
The Lies have It
7.00 Just Good Friends
Bittersweet sitcom. Vince cons Penny into going on a 'goodbye' holiday to Portugal.
7.40 Birds of a Feather
Are You Being Served?
Sitcom. Sharon decides that a baby will make her life complete.
8.20 Kiss Me Kate
Office sitcom. Kate's old friend turns up with an offer she may not be able to refuse.
9.00
Only Fools and Horses
Modern Men
The second part of the 1996 three-part Christmas special. The Trotters' finances hit an all-time low as Del tries to improve himself with a 'new man' manual.
10.20 Men Behaving Badly
Gary in Love
Sitcom. Deborah, Tony and Dorothy join Gary in Worthing. The lads get drunk and smuggle a landmark back to their hotel.
11.10 Casualty
Love over Gold
Conclusion of a two-part story in which George and Josh are held as hostages.
12.15am The Bill Text
12.45 The Bill Text
1.20 Only Fools and Horses
2.35 EastEnders Text
3.10 Casualty
4.05 Whatever Happened to the Likely Lads?
4.40 Dynasty
5.30-6.00am Angels

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Can't Cook, Won't Cook
7.00 Tiny Living 9.00 Brookside
9.30 Home and Away
10.00 The Jerry Springer Show
10.50 Forgive or Forget
11.40 Maury Povich
12.30pm Special Babies
1.00 Real Romance
1.30 Judge Judy
2.00 Streetmate
2.30 Maury Povich

3.20 Relationship SOS
Programme giving advice to people who want to revamp their relationships.
3.50 Forgive or Forget
Mother Love offers advice on relationship problems and tries to resolve them.
4.40 Oh Baby
Sitcom about a successful single woman who's had a baby by artificial insemination.
5.05 Streetmate
Davina McCall plays Cupid.
5.35 Ready, Steady, Cook
Top chefs race against the clock to create exciting recipes from mystery ingredients.
6.10
The Jerry Springer Show
American talk show in which Jerry Springer and his guests engage in lively discussion.
7.00 Judge Judy
Outspoken judge Judy Sheindlin presides over real-life cases.
7.30 Will and Grace
Sitcom about two roommates who seem perfect for each other.
8.00 Charmed
Drama series about three sisters who move into a house inherited from their grandmother – only to find they have also inherited her powers of witchcraft.
9.00 FILM: Unforgivable
John Ritter, Harley Jane Kozak, Kevin Dunn, Gina Phillips
Powerful drama about a wife-beater's battle to overcome his problem. Threatened with jail, he joins a counselling therapy programme in a final effort to win back the love and support of his daughter. *1996*
10.50 Secret Suburbia
A look at seemingly ordinary suburban residents and their extraordinary lives.
11.20-12midnight
Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 The Lovers 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

3.00 Boon
The Devil You Know
Comedy drama. Ken and Margaret are used to provide a false alibi for a robber, and find themselves under suspicion.
4.00 Kojak
Case without a File
Police drama series. A woman who sees her boyfriend's killer leave the scene of the crime disappears.
5.00 Hart to Hart
Night Horrors
Crime thriller. A treasure hunt through a supposedly haunted house provides the setting for a party and a guest is murdered.
6.00 Emmerdale
Caroline has some unwelcome news for Turner. Text
6.30
Classic Coronation Street
Audrey and Alf kiss. Text.
7.00 Sorry!
The Little Foxes
Comedy. Timothy finds marriages aren't always happy ever after.
7.30 Robin's Nest
Oh Happy Day
8.00 Boon
Banbury Blues
Comedy-drama series. Sheep rustlers and rare eggs are Boon's quarry, while Harry has to deal with a besotted admirer.
9.00 Kojak
The Summer of '69 – Part I
Kojak is forced to re-open a case he wishes had been closed forever.
10.00-11.00pm Taggart
Death Benefits – Part I

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Motor Week
Magazine series that takes a look at the motoring industry.
11.30
Motorsport Mundial
Motorsport magazine show.
12midnight Carfile
New Renault Clio
12.30am Kits 'n' Cruising
Tonight's special comes from the Stoneleigh Show, the biggest kit car display in the world.
1.00 Motormania!
Motoring magazine.
1.30-2.00am The Big Bang
Spectacular motor stunts.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Toons 10.35 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.35 PB and J Otter 12.50 Bite Size 1.05 Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
The undersea adventures of Ariel and her friends. Text
3.30 Sabrina
Animated series.
3.55 Art Attack Text
Award-winning innovative art show hosted by Neil Buchanan.
4.30 Recess
Animated series about kids who use the school break to cope with the problems of growing up.
5.00 Miami 7
Pop band S Club 7 star in their own TV series, which provides a mix of music and drama. Text
5.30 Smart Guy
Men Working Badly Text
6.00 Boy Meets World
Resurrection
Topanga comfort's Cory as they await news of Amy's baby. Text
6.30 Microsoap
Fun-filled kids' sitcom.
7.00 FILM: Ratz
Kathy Baker, Ron Silver
Family fun drama. In her constant search for treasures for her shop, a young woman comes across a magic ring. Her friends don't believe in it, until she transforms herself into a soap star – and turns two rats into dates for her young friends. *2000*
8.35 Honey, I Shrunk the Kids: The TV Show
Honey, I'll be Right Witch You
9.15 Flipper
Marine action adventure starring TV's best-loved dolphin, Ranger Porter Ricks and his sons Bud and Sandy. Text
10.00 Home Improvement
Comedy double bill. Text.
11.00 Dr Quinn: Medicine Woman Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

THURSDAY CONTINUES OVERLEAF...

6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

CABLE CHOICE

FILM

The Truman Show
Sky Premier 12.40pm, 8.00pm
An intelligent thought-provoker from director Peter Weir, this stars a never-better Jim Carrey as the happy-go-lucky everyman of the title who comes to a shattering realisation: he has been the unwitting subject of a hugely popular real-life soap opera since birth.

GENERAL

Essential Ibiza
MTV 12midnight
This year's mega outdoor dance festival, Ibiza 2000, took place this month on the 14th and featured the cream of the dance world. This essential guide treats you to all you ever wanted to know about the island, from its history to what's hot and what's not, top DJ interviews and more.

ADVERTISEMENT
UK PLAY

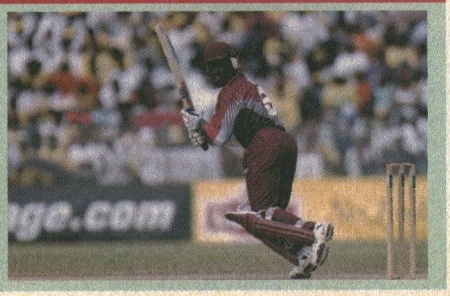
VIC REEVES EXAMINES 9.40PM
Vic Reeves embarks on his first solo project without comedy partner Bob Mortimer in this unmissable new series made exclusively for UK Play. Exploring what makes Vic Reeves' mind tick, tonight's guest is Emma Kennedy discussing the topic of underwater fish people!

Thursday 20 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM	**7.30am CART** **8.30 Cycling** **10.00 Football** **11.00 Motorsports** **12noon Motocross** **12.30pm Superbike** **1.00 Sailing** **1.30 Golf** Further US PGA Tour action from the Greater Milwaukee Open in Wisconsin. **2.30 Cycling – LIVE** Coverage of the eighteenth stage of the Tour de France which covers a gruelling 252 kilometres from Lausanne to Freiburg Im Breisgau.	**7.00am Sky Sports Centre** **7.15 WWF – Superstars** **8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics 9.30 Australian Rally Championships 10.00 Euro Tour Weekly 10.30 Cricket: Triangular One-Day International – England v West Indies – LIVE** **2.15pm Futbol Mundial** **2.45 International Cricket: Triangular One-Day International – England v West Indies – LIVE** The latest one-day international action reaches the second session with action from the latest clash between England and West Indies. With former England captain David Gower.	**7.00am Aerobics Oz Style** **7.30 Sky Sports Centre** **7.45 Racing News 8.15 Futbol Mundial 8.45 Sky Sports Centre 9.00 Telegraph Action Sport 9.30 Wild Spirits 10.00 British Superbike: Oulton Park 12noon Speedway: Elite Speedway League – Poole v Kings Lynn** **2.30pm** **Masters Football: Manchester Masters** Football action from the Manchester Masters, staged at the Manchester Evening News Arena. Former United stars Clayton Blackmore and Frank Stapleton are just two of the veterans likely to be appearing as well as ex-Manchester City players such as Andy Dibble and Nigel Cleghorn. This is the latest in six qualifiers leading up to the Masters final. **5.30 TVR Tuscan Challenge** High-speed action from the 12th TVR Tuscan Challenge season.	**12noon Pool: Embassy World Eight Ball Pool – Men's Quarter-Final** Cardiff International Arena is the venue for coverage of the 2000 World Eight Ball Pool Championships. **2.00pm** **Steve Davis and Friends** The former world champion chats with snooker stars past and present.	**8.00am** **Battlestar Galactica** **9.00 The Time Tunnel** **10.00 Project UFO** **11.00 The Incredible Hulk** **12noon Babylon 5** *Falling toward Apotheosis* **1.00pm** **Highlander: The Raven** *Birthright* **2.00 Battlestar Galactica** *Baltar's Escape*	**6.00am Select MTV** **8.00 MTV Hits** **9.00 Bytesize MTV** **12noon MTV Hits** **12.30pm Daily Edition** All the latest showbiz news and gossip from Tinseltown. **1.00 MTV Hits** **2.00 All-Time Top 10 Divas Videos** **NEW** A look at the best diva videos of all time.
3.00 PM				**3.00 Brian Moore Interviews: Neil Young** **3.30 Rugby League World** Keep up-to-date with all the latest rugby league developments, from the battlefields of the Super League to the Australian National Rugby League championship.	**3.00 Robocop** *Mother's Day* Gadget's caught in a custody fight and leaves Sergeant Parks to meet her real mother.	**3.00 Bytesize MTV** A constant barrage of highlights and bizarre moments from different MTVs around the world in short soundbites.
4.00 PM					**4.00 The Time Tunnel** *Attack of the Barbarians* Tony and Doug are caught between the forces of an epic battle.	**4.00 Select MTV** Viewers make MTV their personal jukebox. Live from London every day with two hours of chat, videos and guest appearances.
5.00 PM	**5.00 Olympic Games** Olympic magazine series featuring a look at swimming events. **5.30 Football – LIVE** Charity football action from the MotoGP Stars v All-Stars team in Sachsenring, Germany, featuring top riders such as Max Biaggi and Carlos Checa and sportsmen such as Steve			**5.00 World Wrestling Federation – Superstars** Action from the World Wrestling Federation circuit.	**5.00 Project UFO** *The St Hilary Incident* Two nuns report that they have sighted a UFO and communicated with the aliens on board.	
6.00 PM		**6.00 Sky Sports Centre** The latest sports news. **6.30 FIFA TV** News and interviews from international football.	**6.00 Tight Lines** Bruno Brookes hosts the show for fishing fanatics and offers advice to viewers phoning in with their questions.	**6.00 Inside the PGA Tour** An insight into life on the PGA Tour. **6.30 The Winning Post: Epsom/ Sedgefield – LIVE** The *Winning Post* team is in Epsom and Sedgefield for another slice of top-class horse racing action.	**6.00 The Incredible Hulk** *Free Fall* An old feud reaches boiling point 12,000 feet in the sky.	**6.00 Bytesize MTV** A non-stop mix of some of the highlights and bizarre moments from different MTVs around the world in short soundbites.
7.00 PM	Theloke and Thomas Schönlebe. **7.30 Racing Line** Featuring highlights from the World Rally Championship.	**7.00 Formula Palmer Audi** High-octane action from the best circuits in the UK. **7.30 Trans World Sport** The latest, ground-breaking sports stories from across the world.	**7.00 Ford Golf USA: US Women's Open – LIVE** The US Women's Open tees off at the Merit Club in Libertyville, Illinois.		**7.00 Highlander: The Raven** *Birthright* The salvaged treasure from a ship that sank 200 years ago is being sold off.	**7.00 MTV Hits** Another hour of back-to-back hits and music videos.
8.00 PM	**8.00 Athletics** Coverage of the Outdoor Invitational Meeting in Cuxhaven, Germany.	**8.30 International Cricket: Triangular One-Day International – England v West Indies** Highlights of England's latest clash with West Indies in the NatWest Series, a one-day international triangular tournament. Hosted by David Gower.	Defending champion Juli Inkster returns to head an impressive field which also includes Sweden's Annika Sörenstam plus British stars Laura Davies and Trish Johnson as they compete for the prestigious trophy.	**8.30 Pool: Embassy World Eight Ball Pool – Men's Quarter-Final** Coverage of the 2000 World Eight Ball Pool Championships from Cardiff International Arena. Among those competing is defending champion Efren Reyes of the Philippines and former snooker world champion Steve Davis.	**8.00 Babylon 5** *A Day in the Strife* Narn officials arrive to replace G'Kar and an alien ship threatens the station with a deadly test.	**8.00 MTV Dance Floor Chart Show** June Sarpong presents all the biggest tunes hitting the dance floors around the UK this weekend.
9.00 PM	**9.00 Cycling** Highlights of the eighteenth stage of the Tour de France from Lausanne to Freiburg Im Breisgau, plus expert				**9.00 Babylon 5** *Passing through Gethsemane* A monk on board the station experiences terrifying visions.	**9.00 Daily Edition** All the latest showbiz news and gossip from Tinseltown. **9.30 Celebrity Death Match** More cult claymation action.
10.00 PM	reactions, interviews and race statistics.	**10.30 Sky Sports Centre** **10.45 FIFA TV** An insight into all areas and levels of football.		**10.30-12midnight World Cup Classics: West Germany v Peru** Relive World Cup action as Peru take on West Germany in a Group D match during the 1970 competition in Mexico.	**10.00 FILM: The Lottery** *Dan Cortese, Keri Russell, M Emmet Walsh* Horror. A man returns to the town of his birth and discovers that all the occupants of the cemetery died on the same day of each year. *1996*	**10.00 The Tom Green Show** Anarchic comedy and variety show. **10.30 Loveline USA** US phone-in show.
11.00 PM	**11.00 Racing Line** Motorsports magazine. **11.30 Trial** Action from the World Championship in Pila, Italy.	**11.15 Gaelic Games** Action from the Gaelic Games – one of the last truly amateur sporting festivals in the world. **12.15am Sky Sports Centre** **12.30 International Cricket: Triangular One-Day International – England v West Indies** Highlights. **2.30 Trans World Sport** **3.30-3.45am Sky Sports Centre**	**11.00 TVR Tuscan Challenge** High-speed action. **11.30 Formula Palmer Audi** Motor-racing action. **12midnight Tight Lines** Fishing series. **1.00am Gaelic Games** **2.00 Inside the PGA Tour** An insight into life behind the scenes on the PGA Tour. **2.30 TVR Tuscan Challenge** **3.00-3.15am Sky Sports Centre**		**11.40 Sci-Focus Special**	**11.00 MTV Dance Floor Chart Show** Another chance to hear all the biggest tunes hitting the dance floors in the UK. With June Sarpong.
12.00 NIGHT TIME	**12midnight-12.30am Superbike** Superbikes magazine show.				**12midnight Lexx** *The End of the Universe* **1.00am FILM: The Asphyx** *Robert Stephens* Horror. A Victorian scientist accidentally discovers the secret of death. *1978* **2.30 Cybernet** **3.00-4.00am Babylon 5**	**12midnight Essential Ibiza** **NEW** MTV looks at the history of the magical island of Ibiza, and checks out its summer festivals, past and present. **12.30am Partyzone** **1.00-6.00am Night Videos** Music through the night.

LIVE INTERNATIONAL CRICKET: ENGLAND V WEST INDIES
SKY SPORTS 1 10.30AM, 2.45PM

An England battle against the West Indies at Trent Bridge is today's mouth-watering prospect in the penultimate stage of the triangular one-day international tournament. Brian Lara (pictured) will lead the batting line-up for the Windies, who are still nobody's pushovers despite lacklustre form over the last few seasons. The spirit in the English dressing rom is improving with every game, however, and Nasser Hussain's men – including Alec Stewart – may even start as favourites.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Sex Under Hot Lights 11.15 Rendezvous 12midnight Freeview 12.12am Banged Up 12.35 Fräulein Debutantes 12.55 FILM: Kittens V 2.05 Our First Time 2.25 Kinky Clubbers 2.45 Leather Vixens 3.10-4.00am Girl Talk

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Adult Feature 12.25 Adult Feature 12.40 FILM: Other Side of Serenity 1.00am Freeview 1.05 FILM continues 1.55 Search for a Porn Star 2.20 FILM: Perplexed 3.30-4.00am Zhane

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Thursday 20 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
11.00 Bob Mills' Big 80s
12noon Behind the Music: Duran Duran
Tracing the career of the popular Eighties group.
1.00pm Greatest Hits: Madonna
1.30 Pop-Up Video
2.00 Jukebox

3.00 How Was it for You? – Brian Travers
Bob Mills chats to UB40's saxophonist about his experiences and memories of the Eighties.
4.00 Beatclub 80s
4.30 Greatest Hits: Phil Collins
The best from the popular and enduring drummer-turned-solo artist.
5.00 Ten of the Best: 80s One Hit Wonders
Jonathan Coleman introduces a nostalgic look at some of the biggest one-off hits of the 1980s.
6.00 Beat Club 80s
6.30 Greatest Hits: Madonna
A look at the top chart successes from the megastar songstress .
7.00 Top Ten
A run-down of the week's top-selling hits.

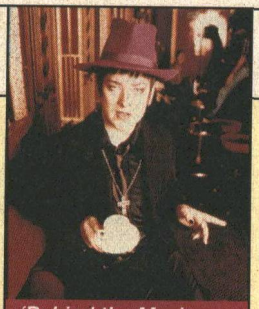
8.00 The Millennium Classic Years: 1983
Music and news from the year that cellular phones made their first appearence in Chicago.
9.00 Behind the Music: The Police
Featuring personal footage of the band's impromptu reunion at Sting's wedding in 1992.
10.00 Behind the Music: Boy George
The spotlight turns on the turbulent career and personal life of the colourful Culture Club front man.
11.00 Behind the Music: Madonna
An exploration of the star's fifteen year career, featuring footage and interviews with the woman herself.
12.30am Greatest Hits: Madonna
1.00 Hey, Watch This!
2.00 VH1 Flipside
Featuring new releases, obscurities and tracks by some of the unsung heroes in the music industry.
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Belize Reef
1.00 Jack Hanna's Zoo Life
Nepal
1.30 Jack Hanna's Zoo Life
Noah's Ark
2.00 Pet Rescue
2.30 Kratt's Creatures
Planet of the Dolphins
Encounters with dolphins.

3.00 Zig and Zag
Gameshow and sports competition especially for dogs, presented by Kenny Sergeant.
3.30 Zig and Zag
4.00 Animal Planet Unleashed
Howie tries to keep foxes and rabbits apart.
4.30 Croc Files
Wildlife series.
5.00 Pet Rescue
More heart-warming RSPCA rescues.
5.30 Going Wild with Jeff Corwin
Florida Everglades
6.00 The Aquanauts
Features diving in the world's largest cave system.
6.30 Croc Files
More reptilian adventures with Steve and Terri Irwin.
7.00 Born Wild
North America
Journey through North America, discovering the natural wonders and wildlife along the way.
8.00 Wild Rescues
Incredible tales of people saving animals – and animals saving people.
8.30 Wild Rescues
More incredible tales.
9.00 Crocodile Hunter
Australia's Wild Frontier
Steve and Terri travel through one of the last wild frontiers of Australia.
10.00 Families
Hyenas
Enter the matriarchal and highly hierarchical world of the hyena, where all are subject to strict rules.
11.00 Emergency Vets
The five interns are on their final shifts.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area



'Behind the Music: Boy George' looks at the colourful singer's career. VH1 10.00pm

ITV2
ACCESS PACK

4.00pm Trisha
A double bill of more heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text
6.00 The Extremists
6.30 Touch Football
7.00 Amazing Games
7.30 ISKA Karate
8.00 Sunset Beach
Evidence mounts against Annie over Del's shooting, and Michael saves Casey from being shot.
8.50 Chart Choice
9.00 Grafters
Nick robs Pippa and Geoff to discredit the Purvises and frames Trevor by planting the stolen goods in his van. Text
10.00 Emmerdale
A chance to catch tonight's episode from ITV. Text
10.30 Nuts and Bolts
Jenni looks set to face an uncertain future.
11.00 The Jerry Springer Show
More revelations and confrontations from the outrageous US talk show.
11.50 The Late Show with David Letterman
Top-rated chat show.
12.40am Freaky Stories
Ghoulish animation.
12.50 The Extremists
1.20 Touch Football
1.50-3.20am Emmerdale
Three episodes shown back-to-back. Text

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Changing Rooms: New Zealand 9.30 Real Rooms 10.00 Change That 10.30 House Invaders 11.00 Repair to Remember 11.30 Fantasy Rooms 12noon Good Living 12.30pm Style Challenge 1.00 Delia Smith 1.30 Ready, Steady, Cook 2.00 Gardening Neighbours 2.30 Gardeners' World

3.00 Garden Magic
Gardening series.
3.30 Gardening from Scratch
Going to Seed and Garden Features
4.00 Stefan's Garden Roadshow
Help and advice on gardening dilemmas.
4.30 Good Living
Lifestyle series.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms Down Under
Top Australian designers transform neighbours' rooms against the clock.
6.30 Antiques Roadshow
Antiques series presented by Hugh Scully.
7.00 Real Rooms
Ealing Flat
Creating a minimalist look in a flat in Ealing.
7.30 Change That
Interior design roadshow.
8.00 Style Challenge
Leading fashion experts give people the makeover of their dreams in less than 30 minutes.
8.30 Which Craft?
9.00 Dream House
Building a hi-tech dream house in just six weeks.
9.30 How Does Your Wallpaper Hang?
Mark Jeffries and a team of experts supply solutions to interior design dilemmas.
10.30 House Invaders
DIY show in which homes are given a face-lift without spending money.
11.00 Home Front in the Garden
Edge
11.30 Garden Magic
Instant solutions to gardening dilemmas.
12midnight Gardeners' World
Stephen Lacey visits Scotland's Cally Gardens and talks to plant hunter Michael Wickenden.
12.30am-1.00am Stefan's Garden Roadshow
Horticultural advice.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Fat Files – A Horizon Trilogy Text 7.50 Sea Trek 8.20 Barking Mad Text 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.15 Life on Earth 11.15 Genius of the Jet Text 12.15pm Animals in Uniform Text 12.45 City Hospital 1.45 Doctors at Large 2.15 Doctors at Large 2.45 Fat Files – A Horizon Trilogy
Fixing Fat
A look at the battle of dieting and staying slim.
3.45 Vets to the Rescue
Heartwarming stories of pets in need, with vet Trude Mostue.
4.20 Barking Mad
Featuring a Rottweiler who has become a telly addict.
4.50 Animal Hospital on the Hoof
Meet some spring babies fighting for life. Text
5.25 Children's Hospital
Real-life medical drama.
5.55 City Hospital
Gaby Roslin and her team report on the triumphs and trials at Southampton General Hospital.
6.55 So You Think You're a Good Driver?
A man is caught on the brink of road rage.
7.30 Chopper Coppers
Documentary series.
8.00 Barking Mad
Featuring a pilfering ferret and a psychotic parrot.
8.30 Children's Hospital
Real-life medical drama.
9.00 Paddington Green
Documentary series.
9.35 Michael Palin's Hemingway Adventure
Michael visits Spain and Kenya. Text
10.35 Michael Palin's Hemingway Adventure
Michael journeys to Hemingway's birthplace in suburban Chicago. Text
11.35 Giving the Empire a Lift
12.05am-1.00am Clash of the Titans

UK PLAY:
1.00am Shooting Stars 1.30 Game On 2.05 Vic Reeves Examines 2.35 Smell of Reeves and Mortimer 3.10 Soundtrack 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Funny Noise 4.45 Hey DJ 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow 9.30 Ideal Home Cooks 10.00 The Green Gourmet 10.30 Simply Baking 11.00 Flash in the Pan 11.30 Loyd's Louisiana 12noon Antony's Scotland 12.30pm In Season 1.00 Coxon's Kitchen College 1.30 Costa del Nosh 2.00 Food Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow – Cooked in a Flash
Healthy meals in minutes.
3.30 Tessa's Tastebuds
Cinnamon and Cloves
4.00 Simply Baking
Scones
With Andrew Nutter.
4.30 Ideal Home Cooks
With Nanette Newman.
5.00 Superchefs
5.30 Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm Cocktail Challenge

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm They Never Set Foot on the Moon
A look behind the scenes at the Russian space programme, with interviews and archival footage.
8.00 Afrikan Odyssey
The second part of the Holgate family's adventure through Africa catches up with them at the spectacular Victoria Falls.
9.00 Caveman Spaceman
Follow a team of astro-biologists on an expedition to find new sub-terrestrial life-forms in New Mexico.
10.00 A Return to Space
Behind the scenes of John Glenn's 1998 attempt to become the world's oldest astronaut to orbit the globe.
11.00 Royal Blood
A look at two majestic prides of lions coping with the daily challenge and pressures of raising their young in Africa.
12midnight-1.00am Journey to the Bottom of the World
Follow an expedition into the mysterious underworld of the labyrinthine Xibalba – one of the most exciting cave systems in Mexico.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
Fast-paced quiz show.
6.30 Family Fortunes
Big money gameshow.
7.00 Beadle's About
7.30 Winner Takes All
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
Gordon Burns hosts the gruelling test of physical stamina and mental agility.
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Garden Calendar 7.00 Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 The House Doctor 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Garden Calendar 10.05 How to with B & Q 10.10 Great Gardening Plot 10.40 Two's Country – Get Stuck In 11.10 Space Invaders 11.40 Home Savvy
12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 Home Again with Bob Vila 1.45 Wood Wizard 2.15 How to with B & Q 2.20 New Yankee Workshop 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am buzz:tracks
11.00 Ibiza 2000
11.30 Mountain Bikes
12noon buzz:tracks
1.00pm Hip-Hop Special
1.30 That Film Show
2.00 Adrenalize
2.30 Byte Me
Navigate the Web with a guide to the best sites.
3.00 Surf Film
4.00 Trainspotters 99
5.00 Ibiza 2000
5.30-6.00pm e-trippers

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

Thursday 20 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

NICKELODEON
FAMILY PACK

7.00am Transylvania Pet Shop 7.30 Transylvania Pet Shop 8.00 Ren and Stimpy 8.30 Ren and Stimpy 9.00 Kenan and Kel 9.30 Kenan and Kel 10.00 Sister Sister 10.30 Sister Sister 11.00 Cousin Skeeter 11.30 Cousin Skeeter 12noon Rugrats 12.30pm Rugrats 1.00 Hey Arnold 1.30 Hey Arnold 2.00 Hey Arnold 2.30 Hey Arnold

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Akhir Kyon 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Fuldani Foram 12.30pm Thekikaat 1.00 Katha Sagar 1.30 FILM 4.00 Take 2 4.30 Music Fusion 5.00 Kaala Daira 6.00 Mumkin 6.30 Videocon Flashback 7.00 Katha Sagar 7.30 News 8.00 Wilaytee Babu 8.30 FILM 11.30 News 12midnight Wilaytee Babu 12.30am MTV 123 1.15 FILM 4.00 Thekikaat 4.30 Mumkin 5.00 Dooriyan 6.00 Holy Quran 6.30 DD Programme 7.00-7.30am Bhule Bisre Geet

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Movers 1.15 Asian Edition 1.30 World Report 2.30 Showbiz 3.30 Sport 4.30 Hotspots 5.00 Larry King 7.30 World Business Today 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia Business 2.00 Larry King 4.30-5.00am American Edition

ZEE TV
ADD-ON CHANNEL

6.00am Usha Uthap Show 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith Sai Baba 7.30 News 8.00 Karobari Duniya 8.30 Teacher 9.00 Daayre 9.30 Bodymatters 10.00 Tum Hi To Ho 11.00 Iffat's Fashion Magazine 11.30 Aangan 12noon FILM 3.00pm Professor Pyarelal 3.30 Ikke Pe Ikka 4.00 Raahat 4.30 Pride Antakshari 5.00 Chingari 5.30 Aangan 6.00 Banegi Apni Baat 7.00 Hotel Hindustani 7.30 Aashiqui 8.00 News Bulletin 8.30 Pride Ka Aashirwad 9.00 Raahein 9.30 Kasak 10.00 Thriller at 10 10.30 Pakistan News Link 11.00 Saath Saath 11.30 Woh 12midnight Punjabi News 12.15am News Bulletin 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 V3 5.30-6.00am Hey Ha Ho

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five Jeremy Thompson and Kay Burley have the top stories. 8.30 Sky Business Report 9.30 Fashion TV 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Fashion TV 4.30 The Book Show 5.30-6.00am CBS Evening News

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Gospel Truth – Andrew Wommack 6.00 Winning Edge 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 CMTV 8.20 Thought for the Day 8.30 Life in the Word 9.00 Potter's House 9.30 Winning Ways 10.00 CMTV 10.30-11.00am 700 Club Replay

DISCOVERY
WORLD PACK

3.00 PM

4.00 PM
4.00pm Rex Hunt Fishing Adventures
Rex fishes for barramundi in Kakadu National Park's East Alligator River.
4.30 Discovery Today

5.00 PM
5.00 Spell of the North
Canada's Labyrinth of Death
A look at Canada's far northern reaches.

6.00 PM
6.00 Profiles of Nature
Tiny Perfect Predators – Mantis and Dragonflies
Observe the praying mantis and dragonfly in action.

7.00 PM
7.00 Great Escapes
Into the Death Zone
Alan Hinkes attempts to climb all 14 of the world's highest peaks.
7.30 Discovery Today

8.00 PM
8.00 Medical Detectives
Crime Seen
8.30 Medical Detectives
Speck of Evidence

9.00 PM
9.00 The FBI Files
Crime Spree
Discover how the FBI brought to justice a couple responsible for a crime spree spanning six states.

10.00 PM
10.00 Forensic Detectives
Partners in Crime
Hear the stories of three cases involving murderous partnerships.

11.00 PM
11.00 Battlefield
Learn how vicious fighting in Saigon preceded the eventual withdrawal of the United States from the Vietnam conflict.

12.00 NIGHT TIME
12midnight Time Team
Tony Robinson and the team head for an army barracks in Netheravon, Wiltshire, to test a theory that a Roman villa is concealed beneath the site.
1.00am Diving School
Documentary series.
1.30-2.00am Discovery Today

3.00
Fat Dog Mendoza
3.30
Dexter's Laboratory
Chemical chaos with the bedroom professor.
4.00
The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation adventure series.
5.30 Johnny Bravo
More pec-flexing with the bequiffed egomaniac.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky tales.
7.30 Looney Tunes
8.00
Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

3.00 Hey Arnold!
More adventures with the kid with the cool quiff.
3.30 Hey Arnold!
More adventures with the kid with the cool quiff.
4.00 Kenan and Kel
The adventures of two funky friends.
4.30 Kenan and Kel
The adventures of two funky friends.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

3.00 Diabolik
3.25
Woody Woodpecker
3.35 Sailor Moon
Adventures of the elite schoolgirl crime-fighters.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50
Mad Jack the Pirate
5.00
Monster Rancher
5.20
Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

TCM
FAMILY PACK

9.00pm They Were Expendable
John Wayne, Donna Reed, Robert Montgomery
World War II naval drama. A squadron of American torpedo boats battles the Japanese in the Philippines. *1945*
11.30-1.00am Little Caesar
Edward G Robinson, Douglas Fairbanks Jr
Classic crime drama depicting the rise and fall of a ruthless American gangster. *1930*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 Caroline in the City
8.00 Ellen
Two Ring Circus
8.30 Just Shoot Me
In the Company of Maya
Maya develops a crush on a work colleague.
9.00 Married... With Children
Nightmare on Al's Street
9.30 Cybill
The Golden Years
Cybill's future is revealed.
10.00 Frasier
Desperately Seeking Closure
10.30 Harry Hill
More surreal fun with the big-collared comedian.
11.00 Vic Reeves Big Night Out
11.45 Cheers
Fifty-Fifty Carla
Eddie's other wife and Carla contest his will.
12.15am Roseanne
12.45 Clive Anderson Talks Back 1.25 NewsRadio
1.50 Rex the Runt
2.00 DiResta
2.30 Encore Encore!
3.00
It's Garry Shandling's Show
3.30-4.00am Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection 7.00 Sports Shop! 7.30 Jewellery Shop! 8.30 Holiday Shop! 9.30 Home Shop! 11.00 Entertainment Shop! 12noon Shop! Outlet 12.30pm Shop! Selection Round-up of best-sellers. 1.30 Home Shop! 2.30 Technology Shop! Communications equipment and accessories. 3.30 Jewellery Shop! 4.30 Holiday Shop! 5.00 Collectors' Shop! 5.30 Shop! Preview 6.00 Shop! Selection 7.00-7.30pm Kitchen Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* from 6.00am to 7.00am followed by children's shows. Saturdays: The best of the week and children's programming. Sundays: Lifestyle shows, a round-up of the week's news in *The Review* plus *The Sunday Programme with Alastair Stewart.*

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Autant Savoir 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Pasteur 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Pasteur 3.00 Journal 3.15 Questions 3.30 Télétourisme 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal 7.30 Journal et le Journal de Temps 8.00 Infos 8.05 Les Années Belges 9.00 Journal 9.15 Des Trains Pas Comme les Autres 10.00 Les Conflits Verts 11.00 Le Journal du Tour 11.30 Infos 11.35-12midnight Journal

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.30 Live Market from New York 3.30 Wall Street Report 5.05-6.00am US Market Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 House of Lords 11.30 House of Commons 7.30pm House of Lords 11.00 The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon Devil's Island
12.55pm Photos for the Future II
1.00 Secret of U-110
2.00 Biography
Nat King Cole
Profile of the singing star.
3.00 Fabulous Fortunes
Dirty Money – Mafias
3.30 Playback with Rodney Marsh
4.00 The Jet Age
5.00 Classic British Cars
Forgotten Marques
5.30 Classic British Cars
One Lady Owner
6.00 Hadrian's Wall
6.55 Photos for the Future II
7.00 The Halifax Explosion
8.00 Biography
Adolf Hitler
9.00 Great Crimes and Trials
Hitler and the Nuremberg Trials
9.30-10.00pm Great Crimes and Trials
The Great Train Robbery

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is In the Salon with Alison at 4.00pm.

Enjoy Disney Channel's collection of great movies and classic episodes from your favourite shows plus win the chance to meet pop and sporting legends.

Lion King II

Pete's Dragon

Cinderella

Mary Poppins

Disney Channel
www.disney.co.uk/disneychannel

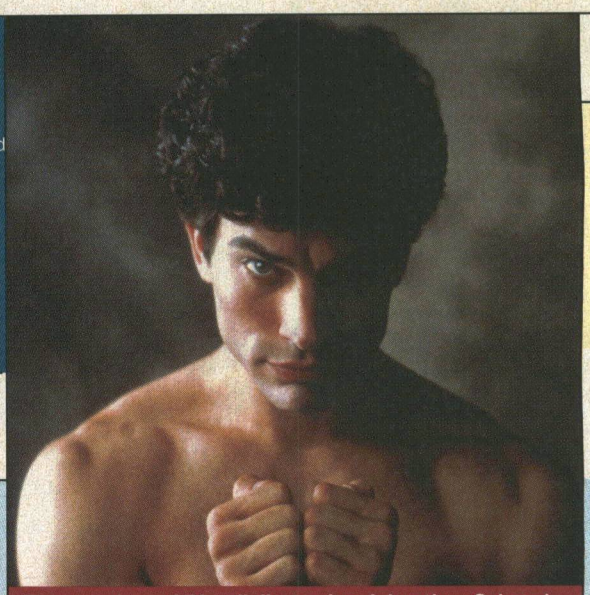
Disney Channel the stuff of legends. **Free** to non-subscribers 22-24 July.

To subscribe call your local cable operator today. DISNEY CHANNEL IS AVAILABLE IN THE UK AND IRELAND AS A PREMIUM BONUS CHANNEL, FREE OF CHARGE TO SUBSCRIBERS TO BOTH SKY'S PREMIUM MOVIE CHANNELS. IT IS ALSO AVAILABLE AS A STAND-ALONE PREMIUM CHANNEL FROM PARTICIPATING CABLE OPERATORS. CALL YOUR LOCAL OPERATOR FOR MORE INFORMATION. ©Disney

Friday 21 July

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format



The premiere of 'Houdini', starring Johnathon Schaech, reveals the key to his success. Sky Premier 6.00pm

SKY PREMIER
PREMIUM CHANNEL

6.00am Love After Death
1998, rating Sky U, 87 mins
7.30 Pit Pony
1997, rating Sky PG, 88 mins
9.15 First Comes Love
1998, rating Sky PG, 87 mins
11.00 Cold Comfort Farm
1995, rating Sky PG, 99 mins
12.45pm Who Gets the Friends?
Jill Clayburgh, James Farentino
1988, rating Sky PG, 90 mins
2.30 Deal of a Lifetime
Kevin Pollack, Michael A Goorjian
Comedy. A recruitment agent for the Devil who has not signed up a single new soul in the past year is sent to Earth with orders to bring back a naïve schoolboy or else face the wrath of Beelzebub himself. Text
1999, rating Sky PG, DS, 91 mins

4.15 First Comes Love
John Stamos, Annabeth Gish, Jane Sibbett, Mitchell Whitfield
Romantic comedy. A hard-working lawyer is soon to marry the boss's daughter, despite having reservations. But when he meets a quirky museum curator he must decide whether he can go through with the wedding or not.
1998, rating Sky PG, 87 mins

6.00 Houdini
Johnathon Schaech, Stacy Edwards, Paul Sorvino
PREMIERE Biopic about the legendary magician and escape artist. From his early years of poverty, the film traces his rise to fame as one of the most prolific performers the world has ever seen and his tireless campaigns against fake spiritualists. Text
1998, rating Sky PG, 90 mins

8.00 The Avengers
Ralph Fiennes, Uma Thurman, Sean Connery, Jim Broadbent
Big-screen adaptation of the cult TV show. A dastardly villain is out to control the weather, but the unflappable agent and his leather-clad assistant won't let him get away without a fight. Text
1997, rating Sky 12, 86 mins
9.30 Saving Private Ryan
Tom Hanks, Tom Sizemore, Edward Burns, Matt Damon
Award-winning and compelling World World II drama which vividly evokes the desperate tragedy of war. A US Army Captain struggles to understand the horrors around him as he and his small group of men traverse the bloody front-line battlegrounds of France in search of one young soldier to be returned home. Text
1998, rating Sky 15, DS, 162 mins
12.20am The Castle
Quirky Australian comedy. Text
1998, rating Sky 15, DS, 82 mins
1.45 Inventing the Abbotts
Text *1997, rating Sky 15, 103 mins*
3.35 Dead Ringers
1988, rating Sky 18, 111 mins
5.30-6.00am Barry Norman Interview with Mike Leigh

SKY MOVIEMAX
PREMIUM CHANNEL

6.20am Beauty
1998, rating Sky U, 87 mins
8.00 Not in This Town
1997, rating Sky PG, 90 mins
9.45 Love Letters
1998, rating Sky PG, DS, 86 mins
11.20
The Hurricane Andrew Story
1993, rating Sky PG, 92 mins
1.00pm Danielle Steel's Changes
1991, rating Sky PG, 91 mins
2.40 Love Letters
Laura Linney, Steven Weber
Romantic drama. Two childhood sweethearts remain life-long friends through their regular, often heart-wrenching correspondence. One goes on to become a US senator, while the other struggles as an artist.
1998, rating Sky PG, 86 mins

4.20 The Hurricane Andrew Story
Ted Wass, Eileen Heckart, Brynn Thayer, John Getz
Drama based on Hurricane Andrew's bombardment of South Florida in 1992. Mixing actual footage with reconstructions, the film depicts a neighbourhood forced to work together to survive.
1993, rating Sky PG, 92 mins

6.00 Not in This Town
Kathy Bates, Adam Arkin, Ed Begley Jr, Brad Tatum
Drama. A Jewish woman and her family become the targets of racial hatred in a small town. Refusing to live in fear, she launches a campaign to prove to the community that her family will not be the victims of terror. *1997, rating Sky PG, 90 mins*
7.35 UK Top Ten

8.00 The Newton Boys
Matthew McConaughey, Skeet Ulrich, Ethan Hawke
Gangster drama, set in America during the roaring 1920s. A group of criminal brothers set about their task of holding up banks with daring, skill and a strict code of honour. In the process they become America's most successful bank robbers. Text
1998, rating Sky 15, 117 mins

10.00 Wild Things
Matt Dillon, Kevin Bacon, Denise Richards, Neve Campbell
Thriller. A high school guidance counsellor is suspended after a student accuses him of raping her. Although the accusation initially appears to be false, doubts arise when a second student backs up her story. Text
1998, rating Sky 18, 103 mins
11.55 Albino Alligator
Hostage thriller. Text Last Play
1996, rating Sky 18, 93 mins
1.35am Dad Savage
Text *1997, rating Sky 18, 100 mins*
3.20 Striking Poses
Drama. *1997, rating Sky 15, 91 mins*
4.55-6.30am
Danielle Steel's Changes
1991, rating Sky PG, 91 mins

SKY CINEMA
PREMIUM CHANNEL

4.00pm The Sea Wolves
Gregory Peck, Roger Moore, David Niven, Trevor Howard
Comedy action based on a true story. A retired unit of polo-playing British soldiers are called back into action during World War II when the Germans cruise into Goa harbour. Soon the reluctant recruits find themselves the unlikeliest of heroes. *1980, rating Sky PG, 115 mins*

6.00 On the Waterfront
Marlon Brando, Eva Marie Saint, Lee J Cobb, Rod Steiger
Classic drama evoking the brooding violence of the New York Harbour Unions during the Fifties. A young worker, who dreams of being a prize fighter, breaks the hold of the waterfront gang boss following the death of his brother. *1954, rating Sky PG, 103 mins*

8.00 The Beguiled
Clint Eastwood, Geraldine Page, Jo Ann Harris, Elizabeth Hartman
Drama set during the American Civil War. A wounded soldier is rescued from the brink of death and is taken to the shelter of a girls' school. But his arrival sparks a series of unexpected incidents as he becomes the catalyst for a wave of jealousy and hatred.
1971, rating Sky 15, 100 mins

10.00 Sudden Impact
Clint Eastwood, Sondra Locke, Pat Hingle, Bradford Dillman
The fourth in the series of Dirty Harry films in which the iconoclastic cop investigates a case involving a female vigilante. She and her sister were once raped and now set about wreaking a savage revenge by killing all the men responsible.
1983, rating Sky 18, 112 mins
12midnight THX 1138
Robert Duvall, Donald Pleasance
1971, rating Sky 15, 82 mins
1.30am These Are the Damned
MacDonald Carey, Shirley Ann Field
1962, rating Sky 18, 91 mins
3.10 Zenobia
1939, rating Sky U, 70 mins
4.25-6.00am Swiss Miss
1938, rating Sky U, 71 mins

FILMFOUR
ADD-ON CHANNEL

6.00pm Short Attention Span Cinema
This programme showcases short films, commercials, music videos, interviews and reports, and offers an insight into the often neglected world of short films. It also looks at the up-and-coming names that might be on everyone's lips next year.

8.00 Dancing at Lughansa
Meryl Streep, Michael Gambon, Catherine McCormack, Rhys Ifans
Drama. A young boy tells the story of growing up with his unmarried mother and four spinster aunts in 1930s Ireland. However, disruption sets in when their brother, a Catholic priest, returns from his work in Africa befuddled by age and drink.
1998, 91 mins

10.00 Easy Rider
Dennis Hopper, Peter Fonda, Antonio Mendoza, Phil Spector
Seminal 1960s road movie evoking the new lifestyle of the late 1960s and the unchanged American Mid-West. Two bikers from LA take off on a trip to New Orleans, meeting several unusual characters along the way. Text
1969, 92 mins
11.40 Souvenir
12midnight Perdita Durango
Rosie Perez, Javier Bardem
Action romance about a woman and a preacher who embark on a crime spree. *1997, 124 mins*
2.10am Pedicab Driver
Sammo Hung Kam-Bo, Benny Mok
Action romance. *1989, 95 mins*
3.45-6.00am Nightmare Alley
Horror drama. *1947, 106 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Hello Frisco, Hello
Alice Faye, John Payne, Jack Oakie, Lynn Bari
Wartime musical comedy. A keen showman makes it big with the aid of his girlfriend. However, achieving this goal soon alters their relationship as success goes to his head, leading him into a series of events which show how quickly fortunes can be reversed. *1943, 98 mins*

9.00pm Against All Odds
Rachel Ward, Jeff Bridges, James Woods, Jane Greer
Romantic drama. An out-of-work athelete is in need of cash and agrees to help a disreputable former teammate find a missing girlfriend. He journeys to Mexico in search of her, but complications arise when he finds her and unwittingly becomes romantically involved.
1984, 128 mins
11.15 Darling
Julie Christie, Dirk Bogarde, Laurence Harvey, Roland Curram
Drama about an ambitious and amoral young actress in the 1960s jet-set. *1965, 128 mins*
1.30am
The Owl and the Pussycat
Barbra Streisand, George Segal
Comedy. *1970, 98 mins*
3.15 Against All Odds
Rachel Ward, Jeff Bridges
Romantic drama. *1984, 128 mins*
5.30-7.00am For Freedom
Wartime drama. *1940, 87 mins*

MORNING

6.00 AM

3.00 PM

4.00 PM

5.00 PM

6.00 PM

7.00 PM

8.00 PM

9.00 PM

10.00 PM

11.00 PM

12.00

NIGHT TIME

FRONT ROW

SCREENING WHEN YOU'RE GOOD AND READY

WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

TWIN DRAGONS
Rating 12, 86 mins
Action comedy thriller. A case of mistaken identity brings two brothers – one a martial arts expert, the other a musician back together. Stars Jackie Chan and Maggie Cheung.
T/C: Action comedy. BL: Infrequent, mild. S/N: Infrequent, mild references. V: Occasional, moderate, comic.
6.45pm, 8.30pm, 10.15pm, 12midnight, 1.45am, 3.30am

Channel 53

THE MATRIX
Rating 15, 131 mins
Sci-fi thriller. A young man, who has been searching for truth all his life, finds himself in a sinister world of virtual reality where truth can be dangerous. Stars Keanu Reeves, Carrie-Anne Moss and Laurence Fishburne.
T/C: Sci-fi, adventure, virtual reality.
BL: Occasional, mild.
S/N: None.
V: Frequent, strong, fantasy.
6.30pm, 9.00pm, 11.30pm, 2.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play
7.30 Mega Babies 8.00 Godzilla
8.30 Mummies Alive
9.00 Pokémon
9.30 Pokémon
10.00 Pokémon
10.30 The Simpsons
11.00
The Best of Star Trek: Voyager
1.00pm Xena: Warrior Princess
1.30 Mega Babies
2.30 Godzilla

3.00 Mummies Alive
Who's Who?
The Mummies exchange bodies.
3.30 Pokémon
Dig Those Diglett
Ash protects a construction site.
4.00 Pokémon
The Ninja Poke – Showdown
Ash reaches the Fuschia gym which is also a ninja's lair.
4.30 Pokémon
The Flame Pokémon-Athon
5.00 Star Trek: Voyager
Living Witness
Voyager's crew are the subject of a legend as told by a Kyrian museum curator, 700 years after the vessel's existence.
6.00 Early Edition
Halloween
Things rapidly get out of hand for Gary when the cat turns black and a mysterious man keeps turning up wherever he goes.
7.00 The Simpsons
El Viaje Misterioso
Homer has hallucinations.
7.30 The Simpsons
The Itchy and Scratchy and Poochie Show Text
8.00 The Best of Star Trek: Voyager
Scorpion – Part I and II
Science fiction series based on the long-running series. In order to return home, Voyager must pass through Borg Space but risk annihilation by a new common foe, an armada of bio aliens named Species Eight Four Seven Two. Starring Kate Mulgrew and Jeri Ryan.
10.00 Outer Limits
Anthology sci-fi series with a different cast each week, with tales of the unknown.

11.00 Uncut! Yanky Panky
An comic look at the weird and wonderful life of the American public, including the very best in sleaze and kitsch from around the country.
12midnight Star Trek: Voyager
Living Witness
1.00am New York Undercover
School's Out
When Moreno's daughter is kidnapped, she becomes consumed with finding the culprit.
2.00-6.00am Long Play
A VJ-free selection of videos throught the night.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am 'Allo 'Allo! 6.40 Bread
7.15 The Brittas Empire
7.50 Birds of a Feather
8.25 EastEnders Text
9.00 The Bill Text
9.30 The Bill Text
10.00 Bergerac
11.00 Knots Landing
11.55 Neighbours
12.25pm EastEnders Text
1.00 Dangerfield
2.00 Knots Landing

3.00 The Bill
Short, Sharp Shock Text
3.30 The Bill
Get You Back
A girl with a broken nose claims she was assaulted by her ex. Text
4.00 EastEnders
David decides to blow the whistle on Ricky and Bianca.
4.35 Neighbours
Julie's frustration grows as she is unable to use her love potion.
5.00 'Allo 'Allo!
Wartime sitcom. Rene becomes the love slave of Louise of the Communist Resistance. Text
5.40 Bread
Sitcom about the Boswells, a family of loveable rogues trying to make ends meet in Liverpool.
6.20 The Brittas Empire
The Boss
Sitcom. Gavin takes over as trial manager for the day.
7.00 Just Good Friends
Bittersweet sitcom. Penny thinks she may be pregnant – and has to face dinner with Vince's parents.
7.40 Birds of a Feather
Never the Twain
Sitcom. Dorien decides to sell her sordid sex stories to a journalist.
8.20 Kiss Me Kate
Closure
Office-based sitcom. Craig announces that he is in love.
9.00 One Foot in the Grave
The Eternal Quadrangle
Victor takes up drawing classes, but Margaret's not so enthusiastic when he takes the model home.
9.40 Jonathan Creek
The Three Gamblers
Offbeat drama series about a crime writer and a magician who team up to investigate mysteries.
10.45 Murder Most Horrid
A Life or Death Operation
A TV doctor is called upon to perform life-saving surgery on the one person who could wreak havoc on her career.
11.25 The Bill
Short, Sharp Shock Text
12midnight The Bill Text **12.35am One Foot in the Grave 1.15 Jonathan Creek 2.20 EastEnders** Text **2.55 Casualty 3.50 Birds of a Feather 4.25 Whatever Happened to the Likely Lads? 5.00 Whatever Happened to the Likely Lads? 5.30-6.00am Angels**

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Shopping across the UK 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 Family Confidential 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich

3.20 Relationship SOS
Programme giving advice to people who want to revamp their relationships.
3.50 Forgive or Forget
Mother Love encourages the guests to forgive each other.
4.40 Oh Baby
Sitcom about a successful single woman who's had a baby by artificial insemination.
5.05 Streetmate
Davina McCall plays cupid to unsuspecting strangers on the streets of Britain.
5.35 Ready, Steady, Cook
Two top chefs race against the clock to create exciting recipes.
6.10
The Jerry Springer Show
American talk show in which the guests engage in lively – and sometimes heated – discussion.
7.00 Judge Judy
Outspoken judge Judy Sheindlin presides over a series of cases.
7.30 Will and Grace
Sitcom about two roommates who seem to be perfect for each other.
8.00 Charmed
Drama series about three sisters who move into a house left to them their grandmother – only to find they have also inherited her powers of witchcraft.
9.00 Profiler
Suspense thriller series about Dr Sam Waters, a brilliant forensic psychologist with the unusual gift for being able to understand the criminal mind.
10.00
FILM: My Little Assassin
Gabrielle Anwar, Robert Davi, Joe Mantegna, Ada Maris
Political drama about an American woman who falls in love with Fidel Castro during the early years of his reign over communist Cuba. *1999*
11.50-12midnight
Sex Bites

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 Home to Roost 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

3.00 Boon
Banbury Blues
Comedy-drama series. Sheep rustlers and rare eggs are Boon's quarry, while Harry has to deal with a besotted admirer.
4.00 Kojak
The Best Judge Money Can Buy
Detective drama. The 'suicide' of a young judge is hard for Kojak to accept, until he discovers that the judge may have been on the take.
5.00 Hart to Hart
Which Way Freeway
Crime thriller series. The Harts' lovable dog, Freeway, runs away with the gun used to murder a wealthy neighbour.
6.00 Emmerdale
6.30
Classic Coronation Street
Audrey tells Gail that she is going to marry Alf. Susan is drumming up business at *The Recorder*.
7.00 Sorry!
Comedy series. Tim is finally breaking free from his mother.
7.30 Robin's Nest
As Long As He Needs Me
Classic comedy series.
8.00 Boon
The Fall and Rise of the Bowman Empire
Comedy-drama series. Ken is hired to keep an ex-con out of trouble. With Michael Elphick.
9.00 Kojak
The Summer of '69 – Part II
Kojak is suspended from the force as he retraces his steps from eight years ago.
10.00-11.00pm Taggart
Death Benefits – Part II

GRANADA MEN & MOTORS
ACTION PACK

11.00pm
Jo Guest's Private Parts
Suacy late-night series.
11.30 Snow Bunnies
Erotic late-night series. See snow bunny feature girls strut their stuff and reveal some sexy ski footage.
12.30am Centrefolds
A fly-on-the-wall look at the adventures of a troupe of touring centrefolds.
1.00 E! Wild On...
Oktoberfest
1.50-2.00am Wicked Willie
Adult animated series.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.25 Jungle Cubs 6.50 Mickey Mouseworks 7.15 Sabrina 7.40 Art Attack 8.00 101 Dalmatians 8.30 Goof Troop 9.00 Pooh 9.10 Music Time 9.15 Olie 9.30 Bear 10.00 PB and J Otter 10.15 Bite Size 10.30 Toons 10.35 Circle Time 10.40 Olie 10.55 Spot 11.00 Out of the Box 11.35 Pooh 11.45 Music Time 11.50 Olie 12.05pm Bear 12.30 Art Play 12.35 PB and J Otter 12.50 Bite Size 1.05 Toons 1.10 Circle Time 1.15 Olie 1.30 Spot 1.40 Out of the Box 2.10 Mickey Mouseworks 2.30 Monster by Mistake

3.00 The Little Mermaid
The undersea adventures of mermaid Ariel and her friends, Sebastian and Flounder. Text
3.30 Sabrina Text
3.55 Art Attack Text
Award-winning innovative art show hosted by Neil Buchanan.
4.30 Recess
Animated series about some kids who use the school break to cope with the problems of growing up.
5.00 Miami 7
Pop band S Club 7 star in their own TV series, which provides a mix of music and drama.
5.30 Smart Guy
Rooferman, Take One Text
6.00 Boy Meets World
Bee True
Cory and Shawn help Feeny to win Dean Bolander's heart.
6.30 Microsoap
Fun-filled kids' sitcom. Text
7.00 FILM: Popeye
Robin Williams, Shelley Duvall, Ray Walston, Paul Dooley
Spinach-eating sailor Popeye returns to his home town of Sweethaven in order to try to find the father who abandoned him as a young child. *1980*
8.35 Honey, I Shrunk the Kids: The TV Show
Honey, I'm Not Just Clowning Around
Wayne invents a machine which helps people hide in another body.
9.15 Flipper
Live action marine adventures with TV's most famous and best-loved dolphin.
10.00 Home Improvement
Comedy double bill. Text
11.00
Touched by an Angel
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

FRIDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

The Beguiled
Sky Cinema 8.00pm
Star Clint Eastwood and his mentor, tough guy director Don Siegel, chart some dark pyschosexual terrain in this weird, dreamlike Western. Eastwood is the wounded Yankee soldier whose presence galvanises the girls and staff of a Southern school.

GENERAL

Home Front: Inside Out
UK Style 9.30pm
Decorating supremo Laurence Llewelyn Bowen and gardening maverick Diarmuid Gavin's home improvement series focusing on the living and garden areas of your home. Today a single mother is treated to a raised floor covered in black veneer.

ADVERTISEMENT
UK STYLE

HOME FRONT INSIDE OUT 9.30PM
Decorating supremo Laurence Llewelyn Bowen and gardening maverick Diarmuid Gavin attempt to simultaneously redesign the living and garden areas of homes belonging to a selection of willing volunteers.

Friday 21 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM	**7.30am Golf** **8.30 Athletics** **10.00 Football – LIVE** **11.45 Motorcycling – LIVE** **12noon** **Motorcycling – LIVE** Action from the German Grand Prix. **1.00pm** **Motorcycling – LIVE** **2.15 Cycling** **2.30 Cycling – LIVE** Coverage of the 59km time trial from Freiburg Im Breisgau to Mulhouse in the Tour de France.	**7.00am Sky Sports Centre** **7.15 TVR Tuscan Challenge** **7.45 Formula Palmer Audi** **8.15 Sky Sports Centre** **8.30 Racing News 9.00** **Aerobics Oz Style 9.30** **Trans World Sport 10.30** **Formula Palmer Audi 11.00** **Gaelic Games 12noon** **Aerobics Oz Style 12.30pm** **FIFA TV 1.00 British Superbike: Oulton Park**	**7.00am Aerobics Oz Style** **7.30 Sky Sports Centre** **7.45 Racing News** **8.15 FIFA TV** **8.45 Sky Sports Centre** **9.00 Tight Lines** **10.00 Ford Golf** **USA: US Women's Open** **1.00pm Watersports World** **2.00 Gaelic Games** Action from the annual summer festival.	**12noon Pool: Embassy World Eight Ball Pool – Women's Quarter-Final** Coverage of the women's quarter-finals at the Cardiff International Arena where the world's best players are competing in this popular international event. **2.00pm** **World Cup Classics: West Germany v Peru** The action comes from the 1970 Group D match when Peru found their opponents in a clinical mood. **3.30** **Watersports World** From waterskiing to windsurfing, this is a comprehensive guide to watersports. **4.30** **Sports Unlimited** Both on the ground and thousands of feet up, an hour of spectacular footage and coverage of alternative sports. **5.30 Gaelic Games** Gaelic football and hurling are among sports played out before thousands at a variety of stadia. **6.30 The Winning Post: Newmarket/ Pontefract – LIVE** A hectic week of live equine racing action concludes as *The Winning Post* team focuses on the meetings at Newmarket and Pontefract.	**8.00am** **Battlestar Galactica** **9.00 Land of the Giants** **10.00 Swamp Thing** **10.30 Swamp Thing** **11.00** **The Six Million Dollar Man** **12noon Babylon 5** **1.00pm Amazing Stories** **1.30 Amazing Stories** **2.00 Battlestar Galactica** *Experiment in Terra*	**6.00am Select MTV** **8.00 MTV Hits** Uninterrupted music videos. **9.00 Bytesize MTV** **12noon MTV Hits** **12.30pm Daily Edition** All the latest music news and gossip from Edith and Emma. **1.00 MTV Hits** Providing viewers with the latest chart toppers plus exclusives thrown in.
3.00 PM		**3.00 TVR Tuscan Challenge** Race action from the TVRs. **3.30** **Formula Palmer Audi** High octane motor racing.	**3.00** **Showjumping: The Horse Show – LIVE** Top riders and horses feature in competition against the clock and over the big fences at the Essex County Showground.		**3.00 Sightings** Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.	**3.00 Bytesize MTV** A constant barrage of bizarre moments from different MTV's around the world in short soundbites.
4.00 PM		**4.00 FIFA TV** International football news and player interviews. **4.30** **Trans World Sport** A global sports round-up encompassing a diverse range of top-level world sports news and action.			**4.00** **Land of the Giants** *The Night of Thrombeldinbar* Two giant orphans mistake Fitzhugh for a magic elf.	**4.00 Select MTV** Kelly Brook takes the requests and chats with top celebrity guests.
5.00 PM	**5.00 Football** Group match coverage from day three of the European Under-18 Championships taking place in Germany.	**5.30 Futbol Mundial** All the latest action from the world game.	**5.00 Gillette World Sport Special** A round-up of alternative sports across the globe. **5.30 Moto Plus** Action from motorsport.		**5.00 Swamp Thing** *What Goes Around, Comes Around* **5.30 Swamp Thing** *Lesser of Two Evils* Arcane's arch rival returns.	
6.00 PM	**6.00 Motorcycling** Highlights of today's qualifying practices in the German Grand Prix at the Sachsenring.	**6.00** **Sky Sports Centre** The latest news and results. **6.30 Gillette World Sport Special** Alternative sports coverage.	**6.00 Extreme Sailing** Breathtaking sailing action from around the world. **6.30 Inside the Senior PGA Tour** An inside look at the tour.		**6.00 The Six Million Dollar Man** *Look Alike* An organisation is out to steal the government's secret laser technology.	**6.00 Bytesize MTV** A constant barrage of bizarre moments from different MTV's around the world in short soundbites.
7.00 PM	**7.00 Motorcycling** Team action from round 2 of the International Offroad Challenge in Ceringale, Italy plus action from Erzberg, Austria.	**7.00** **Super League – LIVE** The latest action from this season's Tetley's Super League which has seen reigning league champions Bradford Bulls dominate the top of the table for most of the season and put them on course for a second consecutive title. Presented by Eddie Hemmings and Mike Stephenson.	**7.00** **Ford Golf USA: US Women's Open – LIVE** Action from day two at Merit Club in Libertyville, Illinois. This is one of the major tournaments in the golfing calendar and the pressure is really on with the players aiming to make the cut and get through to the third round.		**7.00 Amazing Stories** *Santa '85* Santa Claus is caught by a burglar alarm. **7.30 Cybernet** A look at computer games.	**7.00 MTV Hits** A roller coaster of uninterrupted music videos featuring the latest from the MTV play list.
8.00 PM	**8.00 Athletics** Highlights of day five's events in the US Olympic Team Trials 2000 in Sacramento, USA and interviews with the athletes.				**8.00 Quantum Leap** *Raped* Sam leaps into the persona of a rape victim whose attacker is a member of a rich family.	
9.00 PM	**9.00 Cycling** Highlights of today's Tour de France stage including reactions, interviews and statistics.	**9.30 World Wrestling Federation: Late Night – Raw** Jim Ross, Kevin Kelly and Michael Cole report on the latest action and adventure from the World Wrestling Federation circuit. The programme features classic matches and celebrity guests.		**9.00** **Sky Sports Centre** **9.30** **Powerboating: World Offshore Powerboats – Germany**	**9.00 The Hunger** *But at My Back I Always Hear* **9.30 The Hunger** *Footsteps* An obese man is watched.	**9.00** **Weekend Edition** Music news and interviews from earlier on in the week. **9.30 Celebrity Death Match**
10.00 PM				**10.00-12midnight Pool: Embassy World Eight Ball Pool – Women's Final** Action from the women's final at the Cardiff International Arena.	**10.00 FILM: Piranha II – The Spawning** *Tricia O'Neil, Steve Marachuk, Lance Henriksen* Action horror film. Mutated fish develop the ability to fly and attack unfortunate holiday-makers. *1981*	**10.00** **The Tom Green Show** Man-on the-street comedy. **10.30 Loveline USA** More angst-ridden youths call up for advice.
11.00 PM	**11.00 SportsCentre** A live sports news bulletin. **11.15 Boxing** An international contest	**11.30** **Sky Sports Centre** The latest results from the world of sports with up-to-the minute sports news.	**11.00 Showjumping: The Horse Show** Highlights of today's events at the Essex County Showground.		**11.45** **Sci-Focus Special** A look behind the scenes of a blockbuster movie.	**11.00 Singled Out Marathon** Four back-to-back episodes of the dating show where youngsters battle to win the hearts of the eager contestants.
12.00 NIGHT TIME	**12.15am-12.30am** **SportsCentre** A live sports news bulletin.	**12midnight Super League** **1.30am World Wrestling Federation – Raw** **3.30 Ford International Rugby Union: Tri-Nations – New Zealand v South Africa LIVE** **5.30-6.00am** **Sky Sports Centre**	**1.00am Sky Sports Centre** The latest news and results. **1.30 Ford Golf USA: US Women's Open** Highlights of the significant putt-by-putt action from the Merit Club in Illinois. **5.30-6.00am Gillette World Sport Special**		**12midnight FILM: Night of the Living Dead** Zombie horror film. *1990* **1.40am Sci-Focus Special** **2.00 Cybernet** **2.30 100 Years of Horror** *Girl Ghouls* **3.00-4.00am Babylon 5** *The Long Night*	**1.00am MTV Dance Floor Chart Show** MTV's dance music expert June Sarpong hits the clubs and counts down the hit tracks that are filling the dancefloors of the UK. **2.00-6.00am Night Videos**

LIVE TRI-NATIONS – NEW ZEALAND V SOUTH AFRICA SKY SPORTS 1 3.30AM

Down in the southern hemisphere, two of rugby union's superpowers lock horns again in New Zealand as the All Blacks take on South Africa in another pulsating Tri-Nations encounter. Both countries played second fiddle to Australia – who make up the trio – in last year's World Cup, but they have great records in this tournament. Stars like Kiwi Jonah Lomu (pictured, left) and the new Springboks captain André Vos (pictured, right) are bound to clash in what will be a no-holds-barred affair.

PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Playmate of the Year 11.15 Compromising Situations 12midnight Freeview 12.12am Twins Behaving Badly 12.35 Sex Clinic with Dr Jenny 1.00 FILM: Book of Lust 2.05 New Model File 2.30-4.00am FILM: Corporate Girl

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight Preview 12.10am Stripper of the Year 12.20 Omar Show 12.45 FILM: Pretty Girls 1.00 Freeview 1.05 FILM continues 2.00 Freeview 2.05 Adult Feature 2.30 FILM: Expose Me Again 3.00 Freeview 3.05 FILM 3.40-4.00am Millie

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Friday 21 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Top 40 of the 80s
Music from the decade of decadence with hits from the likes of Duran Duran, Culture Club and Human League.
12noon
Behind the Music: Blondie
1.00pm
Greatest Hits: Eurythmics
1.30 Pop-up Video
2.00 Jukebox

3.00 Wham! in China
The extraordinary story of *Wham!*'s trip to China, the first western band to be given permission to cross the communist divide.
4.00 Talk Music
The latest music news and performances with Mark Ellen and Pip Dann.
4.30 Greatest Hits: Eurythmics
5.00 Ten of the Best: Duran Duran
Simon Le Bon and company pick their ten favourite videos.

6.00
It's the Weekend with Jules and Gideon
Join Julia Carling and Gideon Coe for more chat, music and interviews.
7.00 Ed Sullivan's Rock'n'Roll Classics
7.30
Greatest Hits: 80s
Another trip down musical memory lane.
8.00 The Millennium Classic Years: 1984
A look at news and music from the year when the Soviet Bloc countries boycotted the LA Olympics.
9.00 Ten of the Best: Tom Jones
The Welsh vocal powerhouse picks his top ten favourite videos.

10.00 Behind the Music: The Police
A personal view of the band that rose from a gigging punk rock group to pop stardom.
11.00 Storytellers: Culture Club
Thirteen years after their last live performance, Culture Club are reunited in New York City.
12midnight
The Friday Rock Show
Tommy Vance presents the rock and metal show.
2.00am Blood Brothers: Bruce Springsteen
The E Street band and Bruce reunite for this exclusive.
4.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Florida Everglades
1.00 Zoo Chronicles
1.30 Zoo Chronicles
2.00 Pet Rescue
Wendy Turner and Mark Evans shadow the RSPCA.
2.30 Kratt's Creatures
The Great Bear Show
Uncover the myths of bears.

3.00 Woof!
It's a Dog's Life
Advice on puppy training with Matthew Margolis.
3.30 Woof!
It's a Dog's Life
4.00 Animal Planet Unleashed
Howie Watkins presents the animal magazine.
4.30 Croc Files
Youth wildlife series.
5.00 Pet Rescue
Follow the RSPCA as they rehabilitate animals.
5.30 Going Wild with Jeff Corwin
Homosassa, Florida

6.00 The Aquanauts
Features the exploration of a Mayan system of caves in Belize.
6.30 Croc Files
With Steve and Terri Irwin.
7.00 Survivors
Reptiles
A look at the effect of changing habitats on reptiles and the human responsibility to help.
8.00 Wild Rescues
Incredible tales of people saving animals – and animals saving people.
8.30 Wild Rescues
More tales of bravery.
9.00
Crocodile Hunter
Faces in the Forest
Steve Irwin helps rehabilitate the orang-utans of Sumatra.
10.00
In Broad Daylight
Documentary following the lives of various predators as they compete for prey in North Botswana.
11.00
Emergency Vets
More from Alameda East Veterinary Hospital.
11.30-12midnight
Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

Pam St Clement has a wild time in 'Zoo Chronicles'. Animal Planet 1.00pm, 1.30pm

ITV2
ACCESS PACK

4.00pm Trisha
A double bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text

6.00 The Extremists

6.30 Touch Football

7.00 Amazing Games

7.30 ISKA Karate

8.00 Sunset Beach
When Eddie shows Ricardo a list of people who own .38 calibre guns, Olivia's name is on it.
8.50 Chart Choice
9.00 Grafters
Drama series about a pair of Geordie brothers in the building trade. Clare decides to quit the family business. Text
10.00
Coronation Street
Mancunian soap. Text
10.30 Nuts and Bolts
A look at life in the valleys of south Wales, set in the fictional town of Ystrad.
11.00 The Jerry Springer Show
Outrageous American talk show with lively discussion.
11.50 The Late Show with David Letterman
Top-rated chat show with celebrity guests.
12.40am Freaky Stories
Ghoulish animation.
12.50 The Extremists
1.20-1.50am
Touch Football

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style
8.00 Ready, Steady, Cook
8.30 Can't Cook, Won't Cook
9.00 Changing Rooms: New Zealand
9.30 Real Rooms
10.00 Change That
10.30 A Room with a Clue
11.00 How Does Your Wallpaper Hang?
12noon Good Living
12.30pm Style Challenge
1.00 Fresh Food
1.30 Ready, Steady, Cook
2.00 Charlie's Garden Army
2.30 Home Front in the Garden

3.00 Learn to Garden with Stefan Buczacki
Lessons in gardening skills for the novice gardener.
3.30
Gardeners' World
4.00 Stefan's Garden Roadshow
Stefan Buczacki takes to the road.
4.30 Good Living
With Jane Asher.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms: New Zealand
Designers on a budget.

6.00
Antiques Roadshow
Hugh Scully and experts examine objects brought in for viewing by the pubic in Porthmadog, North Wales.
7.00 Real Rooms
Bath School
The designers tackle the entrance hall of a school.
7.30 Change That
Interior design roadshow.
8.00 Style Challenge
Fashion experts give people dream makeovers.
8.30 Antiques Treasure Trail
Advice on buying antiques.
9.00 Ground Force
Basingstoke
Garden makeovers show.
9.30 Home Front: Inside Out
Design and interiors show with Diarmuid Gavin and Laurence Llewelyn-Bowen.
10.30 House Invaders
Linda Barker hosts the DIY show in which homes are given a cheap facelift.
11.00 BBC Gardener of the Year
Northern Ireland
11.30 Garden Stories
Exploring the British passion for gardens.
12midnight Garden Magic
Toby Buckland and Lisa Davis offer instant solutions to gardening dilemmas.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki is on the road offering help and advice on gardening dilemmas.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Fat Files – A Horizon Trilogy 7.50 Sea Trek 8.20 Barking Mad 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.20 Life on Earth 11.15 Hell Fighters of Kuwait 12.15pm Animals in Uniform 12.45 City Hospital 1.45 Doctors at Large 2.15 Doctors at Large 2.45 Fat Files – A Horizon Trilogy
Living on Air
Documentary examining anorexia, which has the highest mortality rate of all psychiatric illnesses. Text
3.45
Vets to the Rescue
With vet Trude Mostue.
4.20 Vets in Practice
Moving On
4.50 Animal Hospital on the Hoof
Rolf Harris and the team visit Whipsnade Wild Animal Park. Text
5.25
Children's Hospital
5.55 City Hospital
Gaby Roslin and her team report the latest goings-on from Southampton General Hospital.
6.55
So You Think You're a Good Driver?
Presented by Nick Ross.
7.30
Chopper Coppers
A look at an elite police helicopter unit.
8.00 Barking Mad
Animal behaviourists solve pet problems.
8.30
Children's Hospital
Real-life medical drama.
9.00
Paddington Green
An aspiring model moves to the area from Yorkshire.
9.35 Michael Palin's Hemingway Adventure
The funnyman travels to Key West in the USA. Text
10.35 Michael Palin's Hemingway Adventure
Tracing Hemingway's travels in Cuba. Text
11.35
Back to the Floor
The Write Stuff
12.05am-1.00am
Clash of the Titans

UK PLAY:
1.00am The Joy of Decks
2.15 Uncut Funk
3.00 Mark and Lard's Pop Upstairs Downstairs
3.30 Bod
3.45-7.00am
The Joy of Decks

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Cooked in a Flash 9.30 Ideal Home Cooks 10.00 Caribbean Kitchen 10.30 Simply Baking 11.00 Flash in the Pan 11.30 Newman Meets 12noon Antony's Scotland 12.30pm Peter Gordon's Pacific Food 1.00 Kitchen College 1.30 Aldo's Italian Job 2.00 Food Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow – Cooked in a Flash
More munch in minutes.
3.30
Tessa's Tastebuds
Salt
4.00 Simply Baking
Sweet Pastry
With Andrew Nutter.
4.30
Ideal Home Cooks
With Nanette Newman.
5.00 Superchefs
5.30 Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm Peter Gordon's Pacific Food

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Horseman of the Pampas
A look at the legendary Argentinean gauchos.
7.30 Rubbish Police
New York's rubbish men.
8.00 Code of the Maya Kings
This programme discovers how explorers have been unearthing Mayan remains and secrets of the past.
9.00
The Mysteries of the Twighlight Zone
Explore the unique ecosystem that exists off Papua New Guinea.
10.00 In Search of the Dragon
Discover how the latest archeological findings have spawned a new era of research and thinking.
11.00
Grizzly and Man
Uneasy Truce
Uncover how the grizzly bear of North America faces an uncertain future.
12midnight-1.00am
Arctic Adventure
Explore the frozen wonderland of Siberian Beringia, an area previously restricted during the Cold War, and discover an astounding variety of wildlife, from reindeers to polar bears.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
7.30 Winner Takes All
Hosted by Bobby Davro.
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
Pesented by Keith Chegwin.
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
Gordon Burns hosts the gruelling test of physical stamina and mental agility.
4.00 Say the Word
4.30 Move on Up
5.00-6.00am
Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Grassroots 7.00 The Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 The House Doctor 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Grassroots 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country – Get Stuck In 11.10 Space Invaders 11.40 Home Savvy 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 Home Again with Bob Vila 1.45 Wood Wizard 2.15 How to with B & Q 2.20 New Yankee Workshop 2.50 Village Green 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Chilli Factor
10.30 Mountain Bikes
11.00 That Film Show
11.30 Adrenalize
12noon World Wind Surf
12.30pm Byte Me
1.00 Trainspotters 99
2.00 High Adrenalin Action
2.30 Ibiza 2000
3.00 Chilli Factor
3.30 Adrenalize
4.00 Surf Film
5.00-6.00pm
Beyond the Beach

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
6.30 What's On TV
***London area:**
Blue Tomorrow
Chelsea FC fanzine.
***Derby area: Vision Rams**
Derby County FC fanzine.
7.00 LLTV – Local Life
7.30 YCTV
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm
LLTV – Local Life
* Repeated Saturday 9.30am

6.00 AM MORNING 3.00 PM 4.00 PM 5.00 PM 6.00 PM 7.00 PM 8.00 PM 9.00 PM 10.00 PM 11.00 PM 12.00 NIGHT TIME

Friday 21 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Fly Tales 5.30 Flying Rhino Junior High 6.00 Fat Dog Mendoza 6.30 Ned's Newt 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Tom and Jerry 8.30 The Smurfs 9.00 Fly Tales 9.30 The Moomins 10.00 Blinky Bill 10.30 Tabaluga 11.00 The Magic Roundabout 11.30 Tom and Jerry 12noon Popeye 12.30pm Looney Tunes 1.00 Droopy: Master Detective 1.30 The Addams Family 2.00 2 Stupid Dogs 2.30 The Mask

3.00
Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30
Dexter's Laboratory
4.00
The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animation.
5.30 Johnny Bravo
The bequiffed egomaniac returns for more preening and posturing.
6.00 Tom and Jerry
More comic antics and misadventures with the sparring cat and mouse.
6.30 The Flintstones
Hang out with the cavemen behaving badly in Bedrock.
7.30 Looney Tunes
Animated fun.
8.00
Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

NICKELODEON
FAMILY PACK

7.00am Transylvania Pet Shop 7.30 Transylvania Pet Shop 8.00 Ren and Stimpy 8.30 Ren and Stimpy 9.00 Kenan and Kel 9.30 Kenan and Kel 10.00 Sister Sister 10.30 Sister Sister 11.00 Cousin Skeeter 11.30 Cousin Skeeter 12noon Rugrats 12.30pm Rugrats 1.00 Rocko's Modern Life 1.30 Rocko's Modern Life 2.00 Rocko's Modern Life 2.30 Rocko's Modern Life

3.00
Rocko's Modern Life
Cartoon satire on consumer society – with a squirrel.
3.30
Rocko's Modern Life
4.00 Kenan and Kel
The adventures of two funky friends.
4.30 Kenan and Kel
Starring Kenan Thompson and Kel Mitchell.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

FOX KIDS
FAMILY PACK

6.00am Bad Dog 6.15 Bobby's World 6.40 Jim Button 7.05 Monster Rancher 7.30 Woody 7.40 Oggy 7.45 Woody 7.55 Oggy 8.00 Woody 8.10 Woody 8.15 Oggy 8.25 Oggy 8.30 Sailor Moon 8.55 Bot's Master 9.20 Adventures of T Rex 9.45 Conan 10.10 MASK 10.35 Diabolik 11.00 Inspector Gadget 11.30 Walter Melon 11.55 Life with Louie 12.20pm Home to Rent 12.45 Jim Button 1.10 Bad Dog 1.20 Bot's Master 1.45 Adventures of T Rex 2.10 Conan the Adventurer 2.35 MASK

3.00 Diabolik
3.25
Woody Woodpecker
3.35 Sailor Moon
The adventures of the elite schoolgirl crime-fighters.
4.00 Power Rangers Lost Galaxy
4.30 The New Addams Family
4.50
Mad Jack the Pirate
5.00
Monster Rancher
5.20
Biker Mice from Mars
5.50 The Secret Files of the Spy Dogs
6.00 Oggy and the Cockroaches
6.20 Casper
6.30-7.00pm Goosebumps

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 Business 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00 News 5.30-6.00am Talking Movies

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Pinnacle 1.15 Asia 1.30 World Report 2.30 Showbiz 3.30 Sport 4.30 Inside Europe 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 WorldView 11.30 Moneyline 12.30am Showbiz 1.00 World News 1.30 Inside Europe 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five Jeremy Thompson and Kay Burley with the top stories. 8.30 Sky Business Report 9.30 Answer the Question 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Answer the Question 4.30 Week in Review 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 La Fête des Bébés 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Des Trains Pas Commes les Autres 10.00 Les Conlits Verts 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Fort en Tête 2.15 C'est Mon Choix 3.00 Journal 3.15 Questions 3.30 Les Carnets du Bourlingueur 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Vélo Club 6.00 Les Z'Amours 6.30 ARTE Info 7.00 Journal 7.30 Journal et le Journal du Temps 8.00 Infos 8.05 Diva 9.00 Journal 9.15 Parlez-moi d'Amour 11.00 Journal du Tour 11.30 Infos 11.35-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Juke Box 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Rajni 12.30pm Baaje Payal 1.00 Swabimaan 1.30 FILM 4.00 Jaldi Jaldi 4.30 Juke Box 5.00 Agar 6.00 Tiger 6.30 Asianet Legal Live 7.15 Swabimaan 7.40 News 8.00 Aarzoo 8.30 Dard 9.00 FILM 11.30 News 12midnight MTV Fresh 12.30am Videocon Flashback 1.00 FILM 4.00 Music Box 4.30 Dard 5.00 MTV 123 6.00 Jaldi Jaldi 6.30 DD Programme 7.00-7.30am DD Programme

ZEE TV
ADD-ON CHANNEL

6.00am Aahaa 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Islam 7.30 News 7.50 Tips Tops 8.00 Pakistan News Link 8.30 Teacher 9.00 Do Aur Do Paanch 9.30 Raahein 10.00 Deewangi 11.00 Zaike Ka Safar 11.30 Making of a Legend 12noon FILM 3.00pm Iffat's Fashion Magazine 3.30 Chalo Cinema 4.00 Raahat 4.30 Aashiqui 5.00 Choti Choti Baatein 5.30 Amanat 6.00 Hip Hip Hurray 6.30 Professor Pyarelal 7.00 Net Asia Up Beat 7.30 Entertainment Express 8.00 News Bulletin 8.30 Muskan 9.00 Alvida Darling 9.30 Mehendi Tere Naam Ki 10.00 Thriller at 10 10.30 The X Zone 11.30 Kasak 12midnight Punjabi News 12.15am News Bulletin 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Commander 5.30-6.00am Flu

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am 700 Club 5.30 Gospel Truth – Andrew Wommack 6.00 Good News 7.00 Changing Your World 7.30 Believers' Voice of Victory 8.00 This Is Your Day 8.10 Behind the Screens 8.40 Thought for the Day 9.00 Life in the Word 9.30 The Messenger 10.00 Winning Ways 10.30-11.00am CMTV

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.30 Wall Street Report 3.00 Tokyo Live 4.45 Clarke's Chronicle 5.05-6.00am US Market Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30 House of Commons 3.00pm House of Lords 11.00 The Record 11.30-12midnight The Point

3.00 PM

DISCOVERY
WORLD PACK

4.00pm Rex Hunt Fishing Adventures
Rex fishes for black bream and banjo shark.
4.30 Discovery Today
Science magazine.
5.00
Disappearing World
A look at remote tribes, including the mountain Kirghiz people of Afghanistan.
6.00
Profiles of Nature
Arctic Survival – Nowhere to Hide
Survival in the one of the harshest places on Earth.
7.00
Wonders of Weather
Splendour of the Sky
The wonders of the weather revealed.
7.30 Discovery Today
8.00 The Barefoot Bushman
Tiger Snakes
Rob Bredl examines the natural history of the unusual tiger snake.
9.00
Extreme Contact
On the Panther Trail
9.30 O'Shea's Big Adventure
Lost Worlds
10.00 Extreme Rides
Series capturing the exhilarating and gut-wrenching insanity of some of the most extreme rides in the world.
11.00
Wings of Tomorrow
Final Frontier
A look at a new generation of spacecraft – the wedge-shaped *Venture Star*.
12midnight Time Team
Cornwall
The team investigates an underground chamber.
1.00am Great Escapes
Into Death Zone
Alan Hinkes attempts to climb all the world's highest peaks.
1.30-2.00am Discovery Today

TCM
FAMILY PACK

9.00pm FILM: Cat on a Hot Tin Roof
Elizabeth Taylor, Paul Newman, Burl Ives
Drama. The family of a terminally ill Southern plantation owner gather for a birthday celebration. But tensions mount when claims are made upon his estate and shocking truths are revealed. *1958*
11.05-1.00am FILM: One Is a Lonely Number
Trish Van Devere
Drama. *1972*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 Caroline in the City
8.00 Ellen
Penny Saved
8.30 Just Shoot Me
The Walk
Jack's strange behaviour causes office gossip.
9.00 Married... With Children
Married without Children
9.30 Cybill
Show Me the Money
Cybill encounters a fan.
10.00
FILM: Ruthless People
Danny DeVito, Bette Midler, Judge Reinhold
Comedy. A man's plot to murder his obnoxious wife for her money so he can marry his mistress goes awry. *1988*
11.45 Cheers
Bar Wars III – The Return of Tecumseh
12.15am Cheers
12.45 NewsRadio
1.15 Duckman
1.40 Rex the Runt
2.00 DiResta
2.30 Encore Encore!
3.00
It's Garry Shandling's Show
3.30-4.00am
Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection 7.00 Home Shop! 8.30 Entertainment Shop! A selection of CD-ROMs for home computers. 9.30 Kids Shop! A selection of outdoor toys. 10.00 Home Shop! 11.00 Kitchen Shop! 12noon Shop! Outlet 12.30pm Shop! Selection 1.30 Home Shop! 2.30 Clothes Shop! 3.30 Jewellery Shop! 4.30 Entertainment Shop! 5.30 Shop! Preview 6.00 Shop! Selection 7.00-7.30pm Jewellery Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* at 6.00am followed by children's shows. Saturdays: Children's programming plus a round-up of the week's news in *The Review*. Sundays: Highlights include a *Pokémon* triple bill and *The Sunday Programme with Alastair Stewart*.

4.00 PM

5.00 PM

6.00 PM

7.00 PM

8.00 PM

9.00 PM

10.00 PM

11.00 PM

12.00

NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon Hadrian's Wall 12.55pm Photos for the Future II 1.00 The Halifax Explosion 2.00 Biography *Adolf Hitler* 3.00 Fabulous Fortunes *Show Business – Minstrels to Megastars* 3.30 Playback with Trevor MacDonald 4.00 The Silent Service 5.00 The Sailing Racers 6.00 Mysteries of Warfare 6.55 Photos for the Future II 7.00 Revolt on the Potemkin 8.00 As it Happened *The Fateful Weekend* A look at the historic weekend that saw the first man walking on the moon. 9.00 Great Crimes and Trials *Martin Luther King* 9.30-10.00pm Great Crimes and Trials *The Massacre of the Tsar and the Imperial Family* A look at the end of an era.

TV TRAVEL SHOP
BONUS CHANNEL

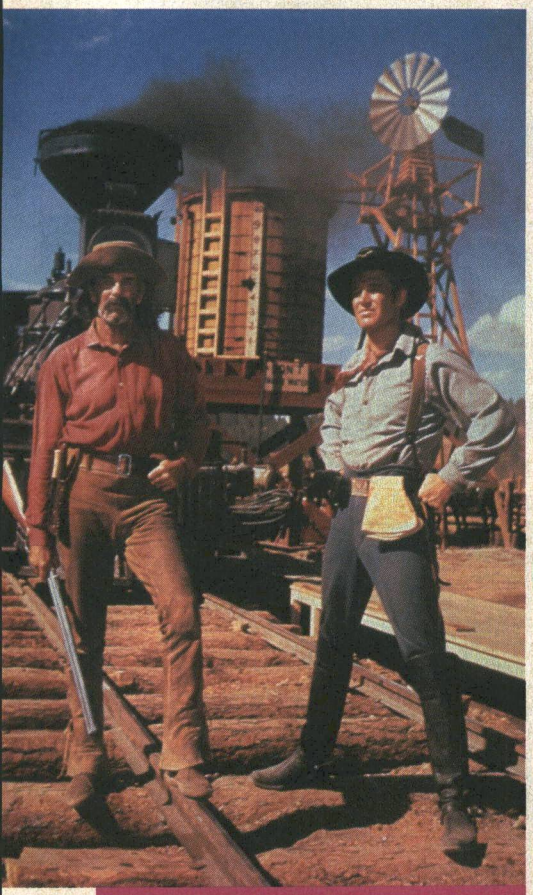
A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion at 5.00pm.

Week 4

Saturday 22nd July-Monday 31st July

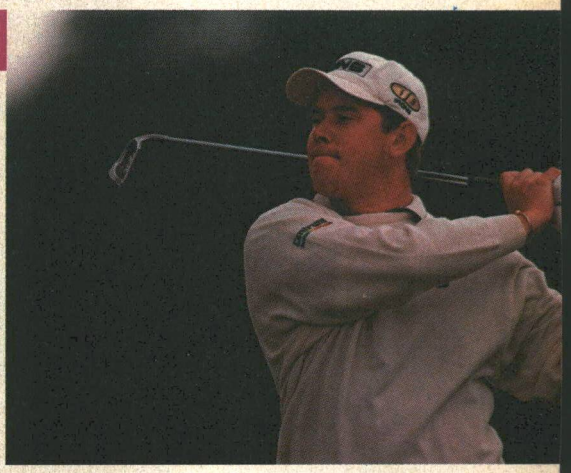


Once upon a time in the West ...

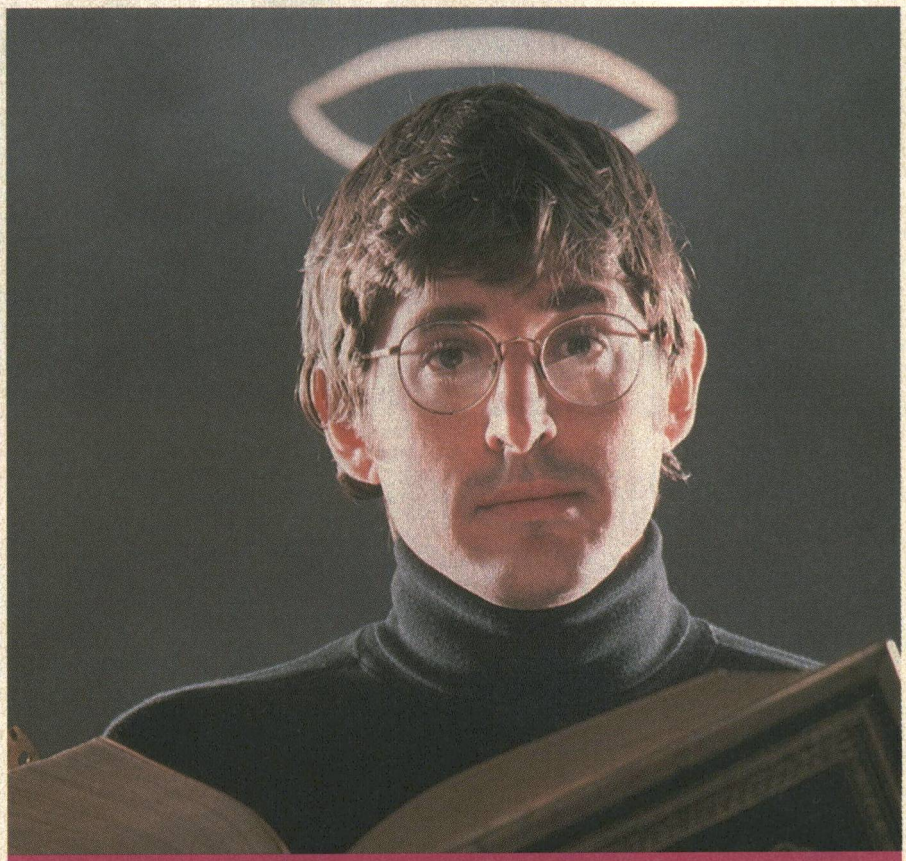
How the West Was Won harnesses three directors and a huge cast in its bid to illustrate the opening up of the untamed West through the generation-straddling adventures of one family. This epic sagebrush saga was the first narrative feature to be filmed in the ultra widescreen Cinerama process, and directors John Ford, Henry Hathaway and George Marshall were each responsible for shooting individual episodes of the sprawling screenplay. Hathaway handled the scenes on the river, those unfolding on the lovingly photographed plains and the heart-stopping outlaw chase. Marshall called the shots on the railroad sequences and the impressively orchestrated buffalo stampede, while Ford's contribution was the Civil War scenes. The film-makers' segments interlock effectively, though there are moments when their subtly conflicting approaches and unease with Cinerama afford some telling shifts in visual style and dramatic emphasis. The film is playing as part of a John Ford season on TCM.

TCM, Wednesday 26th, 9.00pm

The Sultan of swing



Having returned to form – and the World Top 10 – in May, overcoming Tiger Woods to win the Deutsche Bank SAP Open TPC of Europe, Lee Westwood will be confident of retaining his TNT Dutch Open title this month. At last year's event in Hilversumsche, Westwood carded a course-record-equalling final round of 63 to win by one stroke from the overnight tournament leader Gary Orr. The Briton sealed his victory on the 18th green with a spectacular 25ft putt. *Sky Sports 1, Thursday 27th, 10.30am – LIVE*



Saint Louis

The BBC series *Louis Theroux's Weird Weekends* scored as an informed and uniquely entertaining celebration of the American outsider. This week, UK Horizons gives viewers another chance to enjoy two classic editions, which see the intrepid reporter investigating the adult film industry and the strange subculture of UFO watchers. The gangly, bespectacled, mop-topped Theroux has obviously inherited the adventurous and fearlessly inquisitive nature of his father, travel writer and novelist Paul Theroux. He comes across as an unpretentious, eminently likeable, nerd-next-door type, and demonstrates a genuine understanding, even compassion, for those who live on the extreme margins of society. And that's where his singular skill really lies. It would be easy to poke patronising fun at the very 'differentness' of these people, but, while the series yielded its share of bizarre comic moments, Theroux, for the most part, refused to pass judgement on the colourful characters that inhabited it. He has an amiable style of questioning that usually wins over the most suspicious interviewee, and he displays an admirable willingness to listen to these outsiders, and even put their beliefs and lifestyles to the test. *UK Horizons, Tuesday 25th and Wednesday 26th, 12.05am*

Saturday 22 July

SKY PREMIER
PREMIUM CHANNEL

MORNING

6.00am A Dog's Tale
1999, rating Sky U, 88 mins
7.45 Don't Go Breaking My Heart
Romantic comedy. **Text** *1998, rating Sky PG, DS, 90 mins*
9.30 The Journey of Natty Gann
1985, rating Sky PG, 97 mins
11.15 A Dog's Tale
1999, rating Sky U, 88 mins
1.00pm Antz
Text *1998, rating Sky PG, 80 mins*
2.30 The Journey of Natty Gann
Meredith Salenger, John Cusack
Family adventure set during the American Depression. A feisty young girl flees her cantankerous guardian and sets off in search of her father, who has gone thousands of miles away to seek employment. *1985, rating Sky, 97 mins*

4.15 Don't Go Breaking My Heart
Jenny Seagrove, Anthony Edwards, Charles Dance
Romantic comedy. A recently widowed woman finds herself back in the dating game whether she likes it or not. Competing for her affections are two very different men. **Text** *1998, rating Sky PG, DS, 90 mins*

6.00 Antz
Voices of Woody Allen, Sharon Stone, Gene Hackman
Animated adventure. A neurotic ant, struggling to express his individuality in a colony of conformists, falls in love with a beautiful ant princess. **Text** *1998, rating Sky PG, 80 mins*
7.30 Preview Show
Take a sneak peek at coming attractions on Sky Movies.

8.00 Star Trek: Insurrection
Patrick Stewart, Jonathan Frakes, Brent Spiner, Michael Dorn
PREMIERE Sci-fi adventure sequel. The captain of the *Enterprise* opposes Federation orders when he uncovers a plot to drive out the population from a planet which holds the secret of eternal youth. **Text** *1998, rating Sky PG, 99 mins*

10.00 Blade
Wesley Snipes, Stephen Dorff, Kris Kristofferson, N'Bushe Wright
Supernatural action thriller adapted from a comic-book story. A vampire hunter – who is himself half-vampire – sets out to destroy the undead. His prime target is a rogue vampire who plans to cast the planet into perpetual darkness. **Text** *1998, rating Sky 18, 115 mins*

NIGHT TIME

12midnight
Star Trek: Insurrection
Text 1998, rating Sky PG, 99 mins
1.45am What Rats Won't Do
Text *1998, rating Sky 15, 83 mins*
3.15 The Proposition
Period drama. **Text** 1998, rating Sky 12, DS, 107 mins
5.10-6.00am Femmes Fatales: Michelle Pfeiffer

SKY MOVIEMAX
PREMIUM CHANNEL

6.30am Mom's Outta Sight
1998, rating Sky PG, DS, 86 mins
8.00 Caddyshack 2
1988, rating Sky PG, DS, 93 mins
10.00 And the Beat Goes On: The Sonny and Cher Story
Musical biopic. **Text** *1999, rating Sky PG, DS, 86 mins*
12noon The Buttercream Gang
Jason Johnson, Brandon Blaser
1992, rating Sky U, 94 mins
2.00pm Oh, Heavenly Dog!
Chevy Chase, Jane Seymour
Comedy adventure about a private eye who gets killed in the line of action. Reincarnated in the form of a dog, he promptly sets about trying to solve his own murder. *1980, rating Sky PG, DS, 99 mins*

4.00 And the Beat Goes On: The Sonny and Cher Story
Renee Faia, Jay Underwood, Christian Leffler, Jim Pirri
Controversial musical biopic which examines the volatile relationship of the famous singing couple of the Sixties whose marriage was to end in an acrimonious divorce. **Text** *1999, rating Sky PG, 86 mins*

6.00 Caddyshack 2
Chevy Chase, Dan Aykroyd, Jackie Mason, Robert Stack
Comedy sequel. A down-to-earth millionaire takes on a group of stuffy snobs at an upper-crust golf club in order to get his daughter a date with the son of one of the members. However, mild rivalry soon escalates into full-scale warfare. *1988, rating Sky PG, DS, 93 mins*

8.00 Conan the Destroyer
Arnold Schwarzenegger, Grace Jones, Wilt Chamberlain
Sword-and-sorcery fantasy action sequel. A mighty warrior is given the task of escorting a young princess to a distant castle to retrieve a precious jewel. Only gradually does it become clear that he is a pawn in the plot of a treacherous queen. *1987, rating Sky 15, 97 mins*

10.00 Nowhere Land
Peter Dobson, Dina Meyer, Jon Polito, Francesco Quinn
PREMIERE Action thriller. An ex-con hides out in a remote cabin away from a criminal gang against whom he has agreed to testify. *1999, rating Sky 18, DS, 88 mins*
11.35 Face
Robert Carlyle, Ray Winstone
Crime thriller about a bickering gang of robbers. *1997, rating Sky 18, 101 mins*
1.20am Resurrection
Dana Delaney, Brenda Fricker
1999, rating Sky 15, 86 mins
2.50 Buffalo Soldiers
Danny Glover, Timothy Busfield
1997, rating Sky 15, 91 mins
4.25-6.00am The Buttercream Gang
1992, rating Sky U, 94 mins

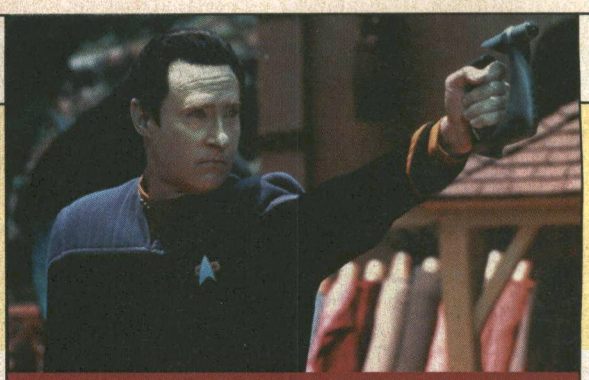
SKY CINEMA
PREMIUM CHANNEL

11.00am Ghost and Mr Chicken
Don Knotts, Skip Homeier
Comedy chiller about a reporter who agrees to spend a night in a supposedly haunted house. *1965, rating Sky PG, 86 mins*
12.30pm The Phantom Thief
Chester Morris, Jeff Donnell
Murder mystery centring on a mysterious death at a séance. *1946, rating Sky PG, 62 mins*
2.00 Farewell to the King
Nick Nolte, Nigel Havers, Frank McRae, Gerry Lopez
World War II adventure. A former US serviceman turns his back on the conflict to become king of a tribe of natives in the wilds of Borneo. *1989, rating Sky PG, 112 mins*

4.00 Doris Day: It's Magic
Documentary about the actress, singer and animal rights champion, following her career from its earliest days in Ohio when she hoped to become a dancer. When a terrible accident was to end that dream, she instead went on to achieve lasting success as one of Tinseltown's most popular stars. *1998, rating Sky PG, 90 mins*

6.00 Universal Horror
PREMIERE Documentary which examines the early horror movies of Universal Studios, one of Hollywood's pioneers of the genre. Featuring clips from classics starring such legends as Bela Lugosi and Boris Karloff. *1998, rating Sky PG, 95 mins*
7.40 The Ghost of Frankenstein
Cedric Hardwicke, Lon Chaney Jr, Bela Lugosi, Lionel Atwill
Horror thriller sequel. The son of the original monster-maker sets out to emulate his father by creating life in the laboratory *1942, rating Sky PG, 65 mins*

9.00 The Curse of the Mummy's Tomb
Terence Morgan, Ronald Howard, Fred Clark, George Pastell
Horror thriller. Explorers break the seal on a mummy's tomb in Egypt – and its occupant is soon following them to London to wreak his vengeance. *1964, rating Sky 15, 77 mins*
10.30 Visiting Hours
Michael Ironside, Lee Grant, Linda Purl, William Shatner
Horror thriller. A psychopath stalks a former victim at the hospital where she is a patient, determined to subject her to further terrors. *1982, rating Sky 18, 100 mins*
12.15am Naked Lunch
Peter Weller, Judy Davis, Ian Holm
1991, rating Sky 18, 110 mins
2.10 The Curse of the Mummy's Tomb
1964, rating Sky 15, 77 mins
3.35 Visiting Hours
1982, rating Sky 18, 100 mins
5.20-6.00am Hollywood Hall of Fame: Jackie Gleason



Brent Spiner makes an enterprising move in the premiere of 'Star Trek: Insurrection'. Sky Premier 8.00pm

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

FILMFOUR
ADD-ON CHANNEL

6.00pm Suspicion
Joan Fontaine, Cary Grant, Nigel Bruce, Cedric Hardwicke
Classic Hitchcock suspense thriller. When her husband's business partner dies in mysterious circumstances, a shy young bride gradually begins to suspect that her spouse may be the culprit – and that he is plotting to make her his next victim. *1941, 96 mins*

8.00 Marvin's Room
Diane Keaton, Meryl Streep, Robert De Niro, Hume Cronyn
Emotional drama focusing on a woman who has spent 20 years looking after her father. Now stricken by cancer, she finds she must rely on the help of her estranged sister and her family. *1996, 94 mins*
9.40 The Future Lasts a Long Time
10.00 Wild at Heart
Nicolas Cage, Laura Dern, Diane Ladd, Willem Dafoe
Offbeat drama. A pair of lovers take off on a bizarre odyssey through the American South pursued by a hitman hired by the girl's mother. On the road, they come into contact with a gallery of grotesque and dangerous characters. **Widescreen** *1990, 119 mins*
12.10am Robin and Marian
Sean Connery, Audrey Hepburn
Romantic drama. *1976, 102 mins*
2.00 The Private Life of Sherlock Holmes
Robert Stephens, Colin Blakely
Mystery drama. *1970, 120 mins*
4.05-6.00am The Lost World
Claude Rains, Michael Rennie
Monster thriller. *1960, 99 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Bonds of Love
Kelly McGillis, Treat Williams, Steve Railsback, Grace Zabriskie
Romantic drama about a woman attempting to start a new life. When she meets and gets to know a man with learning difficulties, she soon discovers that his family has strong objections to the relationship that develops between the two of them. *1992, 105 mins*

9.00 Moon Over Parador
Richard Dreyfuss, Raul Julia, Sonia Braga, Jonathan Winters
Comedy. A struggling American actor on location in a small Caribbean nation is forced by the chief of police to impersonate its deceased dictator in order to keep his demise a secret from the public. Before long, the actor is taking to his new role with relish. *1988, 100 mins*
11.00 Day for Night
Jacqueline Bisset, Jean-Pierre Leaud, Valentina Cortese
French comedy drama about the lives and loves of a group of film-makers. *1973, 110 mins*
1.15am Bob and Carol and Ted and Alice
Natalie Wood, Robert Culp
Sex comedy. *1969, 104 mins*
3.15 Moon Over Parador
Richard Dreyfuss, Raul Julia
Comedy. *1988, 100 mins*
5.00-7.00am Little Lord Fauntleroy
Ricky Schroder, Alec Guinness
Children's drama. *1980, 100 mins*

FRONT ROW

SCREENING WHEN YOU'RE GOOD AND READY

WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

TWIN DRAGONS
Rating 12, 86 mins
Action comedy thriller. A case of mistaken identity reunites two brothers – one a martial arts expert in Hong Kong, the other a New York musician. Stars Jackie Chan and Maggie Cheung.
T/C: Action comedy. BL: Infrequent, mild. S/N: Infrequent, mild references. V: Occasional, moderate, comic.
6.45pm, 8.30pm, 10.15pm, 12midnight, 1.45am, 3.30am

Channel 53

THE MATRIX
Rating 15, 131 mins
Sci-fi thriller. A young man, who has been searching for truth all his life, finds himself in a sinister world of virtual reality where the truth can be dangerous. Stars Keanu Reeves, Carrie-Anne Moss and Laurence Fishburne.
T/C: Sci-fi, adventure, virtual reality.
BL: Occasional, mild.
S/N: None.
V: Frequent, strong, fantasy.
6.30pm, 9.00pm, 11.30pm, 2.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon
10.00 Pokémon
10.30 The Simpsons Text
11.00 World Wrestling Federation – Smackdown
1.00pm World Wrestling Federation – Livewire
2.00 AXN Text
2.30 Storm Warning Text

3.00 Pacific Blue
Till Death Do Us Part
When his fiancée is murdered during a robbery, Victor defies orders and pursues the killers on his own. Text

4.00 Star Trek: Voyager
Living Witness
The crew becomes the subject of a legend as told by a Kyrian museum curator, some 700 years after *Voyager*'s existence.

5.00 Star Trek: Voyager
Demon
Science-fiction series about a Federation vessel lost in the depths of the galaxy. Stars Kate Mulgrew. Text

6.00 Pokémon
The Son of Jigglypuff
The friends anger Jigglypuff.

6.30 The Simpsons
I'm with Cupid
Sir Elton John guests. Text

7.00 Oasis: Behind the Scenes
Documenting the band's career.

7.30 The Simpsons
All Singing, All Dancing
Musical highlights. Text

8.00 The Simpsons
Trash of the Titans
Homer runs for the job of Sanitation Commissioner. Text

8.30 Oasis: Behind the Scenes

9.00 South Park
Chef Aid
Chef organises a benefit concert.

9.30 Oasis in Concert
The Manchester group live from Wembley Stadium, performing some of their greatest hits from previous best-selling albums, plus material from their latest long-player *Standing on the Shoulder of Giants.*

11.30 South Park
Chef: Behind the Menu
Spoof documentary.
12midnight Showbiz Weekly
12.30am Hot Summer Down Under
New Year celebrations in Australia.
1.30 Tekwar
Forget Me Not
Jake's memory is 'extracted' by a former 'freezer' cellmate. Text
2.30 Manhunter
3.30-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am 'Allo 'Allo! Text
6.40 Bread Text
7.15 Neighbours Omnibus
Lauren suffers a serious fall, and Doug's new job appears to be less than successful.
9.15 Dynasty Omnibus
The lives of the Carrington clan.
12.05pm EastEnders Omnibus
Love is in the air at the Jacksons, Nellie feels down in the dumps, and Phil has a surprise visitor.

3.00 The Bill Omnibus
Compilation of episodes from earlier this week. A would-be hero's intervention in an armed robbery lands Page in a hostage crisis, a call made on a mobile phone sparks a search for the victims of a kidnapping, a man found nursing a broken leg in a private garden claims to have been taking a shortcut, and Grieg enlists the help of two pensioners to trap a team of burglars. Stars Libby Davison and Andrew Mackintosh.

5.30 The Good Life
The Green Door
Margo may be deceiving Jerry.

6.10 FILM: Carry On Don't Lose Your Head
Sidney James, Kenneth Williams, Jim Dale
The *Carry On* team take an irreverent look at the French Revolution. In 1789 Paris, two English noblemen rescue their French counterparts from the clutches of the revolting masses and become involved with the elusive Black Fingernail. *1966*

8.00 The Two Ronnies
Vintage bifocal comedy, featuring songs, spoofs and sketches, with Messrs Barker and Corbett.

9.00 The Young Ones
Demolition
The foursome discover that their student house is about to be knocked down. Text

9.45 The Young Ones
Oil
Neil and Viv strike oil in the cellar. Text

10.30 The Young Ones
Boring
The boys suffer boredom. With special guests Madness. Text

11.15 The Young Ones
Bomb
A dull day is transformed with the discovery of an atomic bomb in the kitchen. Text
12midnight The Young Ones Text
12.45am The Young Ones Text
1.25 Casualty
2.35 Whatever Happened to the Likely Lads?
3.15 FILM: Carry On Don't Lose Your Head
French Revolution comedy. *1966*
5.00 Angels
5.30-6.00am Angels

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Can't Cook, Won't Cook
7.00 Tiny Living
9.00 Forgive or Forget
9.50 Relationship SOS
10.25 Home and Away Omnibus
12.30pm FILM: Jitters
Joely Fisher, Brian Wimmer
Romantic drama about a woman suffering pre-wedding nerves. *1997*
2.20 FILM: Before He Wakes
Jaclyn Smith, Diane Scarwid, Hope Lange, Timothy Carhat
Thriller, based on a true story, about a woman whose greed leads her to murder both of her husbands, crimes which she very nearly gets away with. *1997*

4.10 Special Babies
Documentary series on babies born with special needs.

4.40 Maury Povich
A double bill of the compelling and personal talk show dealing with emotional conflicts, hosted by the veteran broadcast journalist.

6.20 Chat's Moral Dilemmas
Julia Bradbury hosts the talk show which offers advice to people in a dilemma.

7.10 Forgive or Forget
Host Mother Love deals with real relationship problems, trying to resolve them by giving guests the opportunity to forgive.

8.00 Judge Judy
Double bill of the show in which New York City's outspoken family court judge Judy Sheindlin presides over a series of real-life cases and conflicts.

9.00 Profiler
Suspense thriller series about Dr Sam Waters, a brilliant forensic psychologist with a gift for understanding the criminal mind. With Ally Walker and Robert Davi.

10.00 Jerry Springer
A double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues.

11.45-12midnight Sex Bites
Raunchy late night fun. Hosted by Katrina Buchanan.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am On the Buses 6.30 On the Buses 7.00 Plus on Plus 7.30 Mind Your Language 8.00 Bowler 8.30 Supersonic 9.00 Mission: Impossible 10.00 Charlie's Angels 11.00 Terry and June
11.00 Terry and June
12noon Please Sir
12.30pm Plus on Plus
1.00 On the Buses
1.30 On the Buses
2.00 Poirot

3.00 The Persuaders
The Old, the New and the Deadly
Danny's life is endangered by the case of an ex-Nazi and a girl trying to clear her father's name.

4.00 Charlie's Angels
Angels Ahoy
The Angels go undercover on a luxury ship to find out the identity of a criminal mastermind.

5.00 Cagney and Lacey
Mr Lonelyhearts
Cagney and Lacey are called in when a simple missing persons case turns into a bigamy and fraud scam. With Sharon Gless.

6.00 Watching
Joking
Malcolm employs an assistant.

6.30 George and Mildred
The Little Dog Laughed
George resents the dog.

7.00 Poirot
The Mystery of the Spanish Chest
Poirot is a witness to murder and Chief Inspector Japp must do his duty and interview him.

8.00 The Chief
The Chief returns to the Force after his suspension to be greeted by a series of bomb hoax calls from an animal rights group. With Tim Pigott-Smith.

9.00 The New Statesman
Happiness is a Warm Gun
Comedy with Rik Mayall.

9.30 Shelley
Moving In
Comedy with Hywel Bennett.

10.00-11.00pm The Knock

GRANADA MEN & MOTORS
ACTION PACK

11.00pm G-Spot
NEW SERIES Entertainment show with Terry Christian.

11.30 Sunny Hotspots and Girls
NEW SERIES Holiday series.
12midnight Centrefolds
A fly-on-the-wall documentary following the adventures of a troupe of touring centrefolds.
12.30am Beaver Patrol
Danni Hunt is on the trail of every woman's dream – Mr Fantastic.
1.00-2.00am Summer Wet T-Shirt Finals
Erotic late-night series.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.20 Music Time 6.25 Pooh 6.40 Art Play 6.45 Toons 6.55 Spot 7.05 Bite Size 7.20 Circle Time 7.25 Bear 7.50 Rolie Polie Olie 8.00 Boy Meets World 8.30 Teen Angel 9.00 Art Attack 9.30 Sabrina
10.00 Doug
10.30 Pepper Ann
11.00 Smart Guy
11.30 Boy Meets World
12noon 100 Deeds for Eddie McDowd
12.30pm Incredible Story Studio
1.00 FILM: Pete's Dragon Text *1977*
2.45 Mickey Mouseworks

3.10 101 Dalmatians
More canine capers and daring doggy deeds. Text

3.35 Timon and Pumbaa
The mad meerkat and wacky warthog in action. Text

4.00 FILM: Rodgers and Hammerstein's Cinderella
Whitney Houston, Brandy
Musical version of the fairy tale in which a Fairy Godmother comes to the aid of down-trodden Cinderella so that, despite the plans of her Ugly Sisters, she may go to the ball. *1997* Text

5.25 Honey, I Shrunk the Kids: The TV Show
More crazy science fun. Text

6.10 Smart Guy
Stop the Presses
TJ decides to start his own rival paper. Text

6.35 Boy Meets World
B & B's B'n'B Text

7.00 FILM: Mary Poppins
Julie Andrews, Dick Van Dyke
An ultra-conventional family needs a new nanny, but when the wind direction changes it blows an extraordinary nanny into their lives – to the consternation of the parents and the delight of the children. She proceeds to bring music and magic into their lives, with the help of a chimney sweep, pulling the family closer together than ever before. *1964* Text

9.15 Honey, I Shrunk the Kids: The TV Show
Honey, He ain't Rude, He's My Brother Text

10.00 Home Improvement
A Marked Man Text

11.00 Dr Quinn: Medicine Woman Text

11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SATURDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Star Trek: Insurrection
Sky Premier 8.00pm

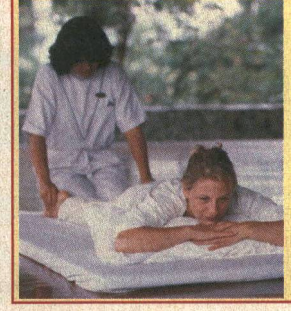
The cinematic sci-fi franchise boldly sets out on its ninth mission to entertain with a story that sees Captain Picard (Patrick Stewart) side against the Federation, which wants to evict the peaceful inhabitants of a paradise planet.

GENERAL

Storytellers: Eurythmics
VH1 11.00pm

After personal break-ups and successful solo careers, Annie Lennox and Dave Stewart are back together again as The Eurythmics. Highlights here include a rare glimpse of their extraordinary working relationship and an acoustic rendition of *Here Comes the Rain Again.*

ADVERTISEMENT



UK STYLE
SPA TREK
8.30PM
For the first time on UK screens, this is the series for everyone who wants to experience the beauty, luxury and fun of a great spa. Follow host Brigitte Gall as she travels to five continents and twenty countries in search of the most fascinating and elegant spas in the world.

Saturday 22 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM

7.30am Xtreme Sports
9.00 Athletics
10.00 Football
11.30 Motorcycling – LIVE
12noon Motorcycling – LIVE
1.00pm Motorcycling – LIVE
Action from the 500CC class of the German Grand Prix at the Sachsenring, Germany.
2.15 Motorcycling – LIVE
Action from the 250CC class of the German Grand Prix at the Sachsenring.

3.00 PM

3.30 Cycling – LIVE
Coverage of the 20th stage of the Tour de France from Belfort to Troyes.

4.00 PM

5.00 Athletics
Coverage of day six of the US Olympic Team Trials 2000 in Sacramento, USA.

5.00 PM

6.00 Motorcycling
Highlights from all three categories of today's German Grand Prix at the Sachsenring.

6.00 PM

7.00 Athletics – LIVE
Coverage of the Outdoor Invitational Meeting in Chemnitz, Germany, part of the German Meeting Super Class in which athletes compete for a total purse of 100,000DM – in diamonds.
8.30 Athletics
Action from day 7 of the US Olympic Team Trials 2000 in Sacramento, USA.

7.00 PM

8.00 PM

9.00 PM

9.30 Cycling
Highlights of today's twentieth stage of the Tour de France from Belfort to Troyes including reactions, interviews and statistics.
10.30 SportsCentre
Sports news bulletin.
10.45 Xtreme Sports
Action from the Big Air Festival at Paris Bercy.

10.00 PM

11.00 PM

NIGHT TIME

12.45am-1.00am Sportscentre
All the latest news from the world of sports.

12.00

SKY SPORTS 1
PREMIUM CHANNEL

6.00am Aerobics Oz Style
6.30 Extreme Sailing 7.00 Sky Sports Centre 7.30 Racing News 8.00 Gillette World Sport Special 8.30 Ford International Rugby: Tri-Nations – New Zealand v South Africa 10.30 International Cricket: Triangular One-Day International Final – LIVE
2.15pm Extra Cover
2.45 International Cricket: Triangular One-Day International Final – LIVE
Coverage from Lord's as the one-day international triangular tournament draws to a close. Presented by David Gower, with commentary from Ian Botham, Bob Willis, Paul Allott, David Lloyd and Michael Holding.

6.30
Ford International Rugby: Tri-Nations – New Zealand v South Africa
Another chance to catch the best of the action from the Tri-Nations fixture between New Zealand, last year's winners, and the 1999 wooden spoonists, South Africa.
8.30
Big Fight Special
Boxing preview.

10.30
World Wrestling Federation: Late Night – Smackdown
Jim Ross, Kevin Kelly and Michael Cole host another bout of uncut rough-and-tumble action from the World Wrestling Federation.
12.25am Premiership Shorts: Man Utd v Arsenal 12.30 Australian Rugby League 2.30 WWF: Late Night – Smackdown 4.25 Premiership Shorts: Newcastle v Manchester United 4.30 Max Power 5.30-6.00am Powerboating

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Sports Unlimited
7.00 Aerobics Oz Style
7.30 Max Power
8.30 Racing News
9.00 Soccer AM
12noon Moto Plus
12.30pm Ford International Rugby: Tri-Nations – New Zealand v South Africa
2.30 Extreme Sailing
A look at the most daring seafarers in action.

3.00
Showjumping: The Horse Show – LIVE
Equestrian action from the Essex County Showground.

5.00 Max Power
Breathtaking action from touring cars, single seaters, road-racing and off-road events from around the world.

6.00 Table Tennis: Japan Open
Action from the latest major tournament on the tour of the Japan Open which is held in Kobe.

7.00 Australian Rally Championships
Action from Down Under.
7.30 Extreme Sailing
Features the most breathtaking sailing action.
8.00
Ford Golf USA: US Women's Open – LIVE
Further action from the 2000 US Women's Open. All the major superstars in the game – including Pepper, Inkster, Davies, the Sörenstams and Pak – are battling for one of the most coveted titles in the world of ladies' golf.

11.00 Showjumping
Equestrian action.

1.00am International Cricket: Triangular One-Day International – Final
Cricket action from Lord's.
3.00 Big Fight Special
5.00-6.00am Table Tennis: Japan Open
Table tennis action from the Japan Open in Kobe.

SKY SPORTS 3
PREMIUM CHANNEL

10.00am Total Sport
10.30 Australian Rugby League – LIVE
12.30pm Australian Rules Football
Action from the rough-and-tumble world of the Australian Football League.
2.30 Powerboating: World Offshore Powerboats – Germany
High speed aquatic action.

3.00 Pool: Embassy World Eight Ball Pool – Men's Final
Action from the Cardiff International Arena as the men's competition reaches its climax.

7.00 Australian Rules Football
Dynamic action from the rough-and-tumble world of the Australian Football League. Sixteen teams, including the Brisbane Lions, Western Bulldogs and the Kangaroos, compete in an exhausting 22-match premiership season.
9.00
International Cricket: Triangular One-Day International – Final
Catch the best of the action from the one-day international final involving either England, West Indies or Zimbabwe, played at Lord's.

11.00-12midnight Max Power
Featuring action from touring cars, single seaters road racing and off-road events around the world.

SCI-FI
ACTION PACK

8.00am Deepwater Black
8.30 Deepwater Black
9.00 The Incredible Hulk
10.00 Lost in Space
11.00 The Six Million Dollar Man
12noon FILM: Battle in Outer Space *1959*
1.40pm Planet of the Apes *The Interrogation*
2.40 Sci-Focus Special
A look at sci-fi film making.

3.00 Robocop
The Future of Law Enforcement I
While investigating missing vagrants, Robocop uncovers a dark secret.
4.00
Deepwater Black
Fugue
4.30
Deepwater Black
Siege

5.00 The Net
eye-see-you.com
Angela tracks a killer who has been broadcasting his crimes on the Internet. With Brooke Langton.

6.00 The Crow: Stairway to Heaven
Brother's Keeper
Draven's long-lost brother, Chris, is back in town and up to his neck in trouble.

7.00
The Burning Zone
The Last Five Pounds are the Hardest
A diet drug is the source of a grave illness.
8.00 FILM: Hook
Robin Williams, Dustin Hoffman, Julia Roberts
Children's fantasy. Peter Pan has grown up to be a high-flying city lawyer and has forgotten all about Neverland and Captain Hook. When Hook returns, though, and kidnaps his children, Peter must remember how to be Peter Pan again so he can do battle with the evil captor of his kids. *1991*
10.35
FILM: Macross Plus I
Japanese sci-fi animation adventure. In 2040 AD on the colonial planet Eden, the Ministry of Defence are testing and developing transformer aircraft to counter alien attacks. *1995*
12midnight FILM: Macross Plus 2
Japanese sci-fi animation adventure. *1995*
1.30am A Century of Sci-Fi
2.00 Amazing Stories
2.30 The Ray Bradbury Theatre
3.00-4.00am Lost in Space

MTV
MUSIC & GAMES PACK

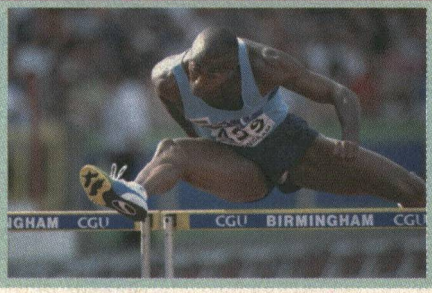
6.00am Select MTV
8.00 The Grind
9.00 Total Request
10.00 European Top 20
12noon Weekend Edition
Catch up with the latest music and showbiz gossip.
12.30pm Select MTV
Richard Blackwood presents a special, three-hour-long weekend helping of the request show, live from MTV's London studios.

3.30
Weekend Edition
A look at the latest showbiz news and gossip.
4.00 Hottest Summer Hits Weekend
As summer begins to take hold, settle down for three hours of the year's top summer hits to really get you in the holiday spirit.

7.00
Weekend Edition
Catch up with the showbiz stories from last week.
7.30
MTV Movie Special
8.00 Making the Video: Oasis
8.30 Essential Robbie Williams
Robbie talks frankly to MTV about his career to date.
9.00 Celebrity Death Match
Another double helping of the series where claymation stars battle it out for supremacy.
10.00
Fashionably Loud
The show where music and the catwalk collide.
10.30 Essential Mariah Carey
11.00
Making the Video: Eminem and Dr Dre
11.30
The Tom Green Show
Anarchic comedy show.
12midnight The Late Lick
Brand new videos, news and interviews presented by Trevor Nelson.
1.00am MTV Dance Floor Chart Show
2.00 Hit List UK
3.00 Chill Out Zone
5.00-6.00am Night Videos

LIVE ATHLETICS: OUTDOOR INVITATIONAL MEETING EUROSPORT 7.00PM

Tonight's Outdoor Invitational Meeting in Chemnitz, Germany, is another important event in the countdown to the Sydney 2000 Olympics. Many of the best international track and field athletes will be on show with a view to gauging their form against that of their chief rivals. Among the galaxy of stars will be Britain's 110m hurdles world champion Colin Jackson (pictured) and local heroine Heike Drechsler, the 1992 Olympic long jump gold medallist.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.06 Intimate Sessions
10.45 Playboy's Behind Closed Doors
12midnight Freeview
12.12am Adult Feature
12.40 Sam Gets Her Girl
1.00 FILM: Club Godiva
2.20 Dr Anna St John
2.45-4.00am FILM: Facade

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight Preview
12.10am Suburban Tales
12.20 Search for a Porn Star 12.45 FILM: Daydreams/Nightdreams
1.00 Freeview 1.05 FILM cont 2.00 Freeview 2.05 Exposed 2.30 FILM: Cape Sin 3.00 Freeview 3.05 FILM 3.40-4.00am Lisa Rae

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Saturday 22 July

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 9.00 Talk Music 9.30 Greatest Hits: Wham! 10.00 It's the Weekend with Jules and Gideon: 80s Special 11.00 The Millennium Classic Years: 1987 12noon Ten of the Best: 80s One-Hit Wonders 1.00pm VH1 Album Chart Show 2.00 It's the Weekend with Jules and Gideon

3.00
Top 40 of the 80s
VH1 rewinds the clock and goes back in time to those halcyon days that were the Eighties, with artists like Duran Duran, Culture Club and the Human League providing hit after hit. Tune in to find out which were the biggest and best records of the decade.

7.00 The Millennium Classic Years: 1986
All the hits and headlines from the year that Argentina lifted the World Cup in Mexico.

8.00
It's the Weekend with Jules and Gideon
Jules and Gid bring you showbiz gossip, live performances and reviews.

9.00 Ten of the Best: 80s One Hit Wonders
Jonathan Coleman with his choice of the ten greatest one hit wonders ever.

10.00 Behind the Music: The Police
Follow the reggae-tinged band's ups and downs through rare footage and a series of interviews.

11.00 Storytellers – the Eurythmics
NEW Annie Lennox and Dave Stewart provide a rare insight into their working relationship.

12midnight
Top 40 of the 80s
VH1 rewinds the clock and goes back in time to those halcyon days that were the Eighties – the decade of decadence.

3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Crocodile Hunter
12.30pm Crocodile Hunter
Hidden River
1.00 Emergency Vets
Another visit to Alameda East Veterinary Hospital.
1.30 Emergency Vets
More veterinary heroics.
2.00 Living Europe
Last of the Wild Woods
Series looking at the wildlife and landscapes of Europe.

3.00 Survivors
Cheetahs
Discover how lions and hyenas are forcing cheetahs to flee Kenya's Masai Mara plains.

4.00
Profiles of Nature
Polar Bears of Russia
A look at the hunting and survival strategies of Russia's polar bears.

5.00
Crocodile Hunter
America's Deadliest Snakes
Steve and Terri Irwin go in search of rattlesnakes.

6.00 The Aquanauts
This edition searches for the elusive giant octopus.
6.30 The Aquanauts
Take a trip to the remote Galapagos Islands.

7.00 Wild Rescues
This edition features a man who rescues unwanted border collies.
7.30 Wild Rescues
More rescue stories.

8.00 Wildlife Police
A look at the problem of crimes involving wildlife.
8.30 Wildlife Police
The RSPCA investigates dog fighting in Yorkshire.

9.00 Game Park
Animal Farm
Discover how a game reserve makes money selling its animals to wildlife parks all over the world.

10.00
Crocodile Hunter
Travelling the Dingo Fence
10.30
Crocodile Hunter
Wild in the USA

11.00 The Aquanauts
How dolphins are helping sick children in Florida.
11.30-12midnight
The Aquanauts
Marine workers in action.

CABLE CHECK
Some of the channels listed may not be available in your area

ITV2
ACCESS PACK

9.25am Board Wild
10.00 Amazing Games
10.30 ISKA Karate
11.00 The Extremists
11.30 Touch Football
12noon Amazing Games
12.30pm
Karate World Series
1.00pm Trisha
A triple bill of heartwarming and hiar-raising true stories from Trishia Goddard's daytime talk show. Text

4.00 Wrestling

5.00 Wrestling

6.00 The Extremists

6.30 Touch Football

7.00 Amazing Games

7.30
Karate World Series

8.00
The Best of the Bill
A retrospective of the award-winning drama series, featuring classic episodes and interviews with cast and crew. Also appearing are various big name guest stars including Robert Carlyle, Michelle Collins and Lily Savage.
● FEATURE: pages 10-11

12midnight Videotech
The latest chart videos and news from the music world.
12.30am
Planet Rock Profiles
Lou Reed grants a rare and exclusive interview.
1.00-2.05am Trisha
More heartwarming stories.

UK STYLE
LIFESTYLE PACK

7.00am Can't Cook, Won't Cook 7.30 Ready, Steady, Cook 8.00 House Invaders 8.30 The House Doctor 9.00 Antiques Roadshow US 10.00 On the Way to Monkey Bay 11.00 Holiday Swaps 11.30 Spa Trek 12noon Holiday on a Shoestring 12.30pm Looking Good 1.00 à la mode 1.30 Two Fat Ladies 2.00 Ainsley's Meals in Minutes 2.30 Delia Smith's Summer Collection

3.00
Delia's How to Cook
Simple recipes for the novice cook.
3.30 Fresh Food
With Rick Stein.

4.00 Can't Cook, Won't Cook
Cookery challenge.
4.30
Ready, Steady, Cook
Cookery show.

5.00 House Invaders
A house in Hemel Hempstead is transformed for almost no cash.
5.30
The House Doctor

6.00 Antiques Roadshow US
Exclusive to UK Style, *Antiques Roadshow US* embarks on a tour of 13 American cities.

7.00 On the Way to Monkey Bay
Author and broadcaster Nigel Farrell achieves his ambition to explore Lake Malawi in southern Africa.

8.00 Holiday Swaps
Daring holidaymakers swap holidays.
8.30 Spa Trek
California – La Quinta Resort

9.00 Holiday on a Shoestring
Ideas on how to have more holiday for less cash.
9.30 Looking Good
Fashion and beauty series.

10.00 à la mode
A serious look at the world of fashion.
10.30 Two Fat Ladies
Barristers
Comic cookery show.

11.00 Ainsley's Meals in Minutes
11.30 Delia Smith's Summer Collection
The Summer Kitchen Garden

12midnight
Delia's How to Cook
Find out how separating egg yolk from white can open up a range of culinary possibilities.
12.30am-1.00am
Fresh Food
Rick Stein explores the universal passion for food.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Cheetahs – The Blood Brothers 8.00 Year of the Jackal 9.00 Wild Dogs – A Tale of Two Sisters 10.00 The House 11.00 The House 12noon Tomorrow's World Plus 1.00pm Chimps on Death Row 2.00 Cheetahs – The Blood Brothers

3.00
Year of the Jackal
The Savage Paradise
Wildlife documentary about a pair of golden jackals in the Serengeti.

4.00 Wild Dogs – A Tale of Two Sisters
The Savage Paradise
Wildlife documentary focusing on wild dogs in the Serengeti.

5.00 Top Gear GTi
The *Top Gear* team presents a specially extended edition of the show exclusively for UK Horizons viewers.

6.00 Full Circle with Michael Palin
Vietnam and the Philippines
Michael Palin takes a trip to Saigon. Text

7.00 Money, Money, Money
Unlimited Liability
7.30 Mysteries
True mystery stories from around the world. Text

8.00
The Human Body
Raging Teens
A look at the numerous physical changes that occur during puberty.

9.00 Soldiers to Be
One of the Boys
9.30 Soldiers to Be
Four Platoon and a Wedding
Military documentary series.

10.00 Soldiers to Be
Documentary series following army recruits.
10.30
999 – Fire Rescue
With Michael Buerk.

11.00 999
How 17 people survived a lightning strikes. Text
12midnight-1.00am
Hollywood Men
Boys Will Be Boys

UK PLAY:
1.00am Goodness Gracious Me 1.20 The Fast Show 1.55 Hippies 2.30 Rock Profile 3.00 Dave Pearce's DJ Anthems 3.30-7.00am The Joy of Decks

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Food Factory 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Thoroughly Modern British 9.30 Power Food 10.00 In Season 10.30 Simply Baking 11.00 Flash in the Pan 11.30 Picture This 12noon Antony's Scotland 12.30pm Ross's Barbecue Party 1.00 Coxon's Kitchen College 1.30 From the Ground Up 2.00 Food Network Daily 2.45 Quick Cooks

3.00 A Shared Table
Victoria's Western District
Enjoy a culinary trip around Australia.
3.30 Costa del Nosh
With Mick and Nick Nosh.

4.00 Simply Baking
Foreign Baking
Baking with Andrew Nutter.
4.30
Cucina Valentina
Ricotta and mascarpone

5.00 Superchefs
5.30
Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm
Five-Star Cooking

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
The Dolphin Society
A look at these highly sociable mammals.
7.30
Mind in the Waters

8.00 Survival on the Savannah
An account of the conflict between lion and buffalo in the harsh environment of the African savannah.

9.00 Puma: Lion of the Andes
Wildlife film-maker Hugh Miles follows two years in the life of a female puma and her growing cubs.

10.00 Snake Invasion
Discover how Guam is under siege from a snake.
10.30 Snakebite!
Discover how death is often the result of snakebites.

11.00 Coming of Age with Elephants
A profile of Joyce Poole, who has devoted her life to studying and caring for African elephants.
12midnight-1.00am
Bears Under Siege
America's majestic bears mean big business for poachers, but discover how game wardens and other wildlife officials thwart illegal hunting by going undercover.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Strike it Lucky 5.30 Sale of the Century 6.00 100% 6.30 Family Fortunes 7.00 Beadle's About 7.30 Winner Takes All Hosted by Bobby Davro. **8.00 Stars in Their Eyes 8.30 Candid Camera 9.00 Whittle 9.30 Strike it Lucky 10.00 Endurance UK 10.30 Family Fortunes 11.00 Gladiators**

12midnight Beadle's About
The prankster catches out more members of the public.
12.30am
Stars in Their Eyes
1.00 Candid Camera
1.30 Absolute Cobblers
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am
Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Set in Stone 6.30 The Diceman 7.00 Screaming Reels 7.30 Hooked on Fishing with Paul Young 8.00 How to with B & Q 8.05 A Car is Born 8.35 Our House Down Under 9.05 Home Savvy 9.35 Home Savvy 10.05 How to with B & Q 10.10 Total Fishing with Matt Hayes 10.40 Fishing Australia 11.10 Rex Hunt Fishing Adventures

11.40 Last in the League 12.10pm How to with B & Q 12.15 Two's Country 12.45 Doing it Up 1.15 Home Again with Bob Vila 1.45 The New Yankee Workshop 2.15 How to with B & Q 2.20 Village Green 2.50 Our House 3.20 Go Fishing 3.50-4.00pm How to with B and Q

RAPTURE
BONUS CHANNEL

10.00am Adrenalize 10.30 That Film Sundance Special 11.00 Byte Me 11.30 Chilli Factor 12noon Hip-Hop Special 12.30pm Fearless 1.00 Surf Film 2.00 e-trippers 2.30 High Adrenalin Action 3.00 Trainspotters 99 4.00 High Adrenalin Action 4.30 Scratch TV 5.00 Chilli Factor 5.30-6.00pm Human Traffic Diaries

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm
LLTV – Local Life

Saturday 22 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Tabaluga 5.30 Blinky Bill 6.00 Fly Tales 6.30 Flying Rhino Junior High 7.00 Fat Dog Mendoza 7.30 Ned's Newt 8.00 Mike, Lu and Og 8.30 Ed, Edd 'n' Eddy 9.00 Dexter's Laboratory 9.30 The Powerpuff Girls 10.00 Angela Anaconda 10.30 Cow and Chicken 11.00 Johnny Bravo 11.30 The Mask 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 The Flintstones 1.30 Scooby Doo 2.00 I Am Weasel 2.30 Courage the Cowardly Dog

3.00 PM

DISCOVERY
WORLD PACK

3.00
Fat Dog Mendoza
The surreal adventures of a hefty hound.
3.30 Ned's Newt
Amphibian adventures.

4.00 PM

4.00pm
Great Commanders
Nelson
A focus on Nelson's famous victory and his last battle at Trafalgar.

4.00
The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30
Angela Anaconda

5.00 PM

5.00 Battlefield
The Battle of Midway
The most decisive naval battle of World War II was fought between the US and Japanese navies.

5.00 Dragonball Z
Cult Japanese animation.
5.30 Ed, Edd 'n' Eddy
Namesake nonsense featuring three friends with a fondness for jawbreakers.

6.00 PM

6.00 Battlefield
The Battle of Midway
The US ships *Yorktown* and *Lexington* finally come into contact with the might of the Japanese Navy.

6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.

7.00 PM

7.00
Non-Lethal Weapons
Scientific research is being used to create weapons to maintain peace, fight wars and prevent crime.

7.00 Scooby-Doo
The big mutt and his pals foil another spooky scheme.
7.30 Looney Tunes
8.00 Mike, Lu and Og
8.30-9.00pm Courage the Cowardly Dog

8.00 PM

8.00 Scrapheap
Sub Aqua
Two teams have to construct a one-man diving apparatus using junk from a scrapheap.

TCM
FAMILY PACK

9.00 PM

9.00 Super Bridge
The story of the building of one of the most unusual bridges in the United States – the Clark Bridge across the Mississippi.

9.00pm FILM: Catlow
Yul Brynner, Richard Crenna, Leonard Nimoy
Comedic western telling the story of a thieving man, perpetually on the run, who tries to get his hands on $2m of government gold while trying to avoid his friend who happens to be a lawman. *1971*

10.00 PM

10.00 Tornado
Awesome Force
Dramatic reconstructions and footage of some of the most fearsome tornados of recent times.

11.00 PM

11.00 Extreme Rides
Extreme Rides
The gut-wrenching insanity of some of the world's most extreme rides is captured on film.

11.00-1.00am FILM: Colorado Territory
Joel McCrea, Virginia Mayo, Henry Hull
Western. *1949*

12.00 NIGHT TIME

12midnight Trailblazers
Molucca Sea
Australian diver Clive Carlin travels to the Indonesian island of Sulawesi.
1.00am-2.00am Tanks!
Blueprint for Victory
Find out how World War II was shaped by the tank.

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

NICKELODEON
FAMILY PACK

7.00am The Three Friends... and Jerry 7.30 The Three Friends... and Jerry 8.00 Kenan and Kel 8.30 Kenan and Kel 9.00 Rugrats 9.30 Rugrats 10.00 Hey Arnold! 10.30 Hey Arnold! 11.00 CatDog 11.30 CatDog 12noon Angry Beavers 12.30pm Angry Beavers 1.00 Rocko's Modern Life 1.30 Rocko's Modern Life 2.00 Renford Rejects 2.30 Renford Rejects

3.00 The Secret World of Alex Mack
The schoolgirl with secret superhuman powers.
3.30 The Secret World of Alex Mack
4.00 Sister Sister
Twice the comedy and double the fun.
4.30 Sister Sister
Fun with the terrible twins Tia and Tamera.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Cheers
The Ghost and Mrs LeBec
Carla calls an exorcist in when a ghost appears.
8.30 Just Shoot Me
College or Collagen
9.00
FILM: 48HRS
Eddie Murphy, Nick Nolte, Annette O'Toole
Action comedy in which an oddball cop and a tough criminal make an unlikey partnership as they team up to track a cop-killer across the city who is searching for his stash of cash. *1982*

11.00 Jack Dee Live in London
The sardonic king of deadpan expounds his sarcastic views on life.
11.55
FILM: The Adventures of Baron Munchausen
Eric Idle, Robin Williams
Fantasy adventure. *1988*
2.20am DiResta
2.50 Encore Encore!
3.20 Rex the Runt
3.30-4.00am
Abbott and Costello

FOX KIDS
FAMILY PACK

6.00am Oggy 6.10 Bad Dog 6.30 Bobby's World 6.55 Jim Button 7.15 Walter Melon 7.40 Inspector Gadget 8.00 Oggy 8.10 Biker Mice 8.30 Dennis and Gnasher 8.55 Sailor Moon 9.15 Sailor Moon 9.40 Digimon 10.00 Power Rangers 10.20 Monster Rancher 10.45 Masked Rider 11.05 X-Men 11.30 Spy Dogs 11.50 FILM: The Land Before Time II: The Great Valley Adventure 1.00pm Woody 1.10 Casper 1.30 Donkey Kong 1.55 Dennis and Gnasher 2.20 Life with Louie 2.40 Princess Sissi

3.00 Princess Starla and the Jewel Riders
3.20 Sailor Moon
Cult Japanese cartoon.
3.45 Mighty Morphin Power Rangers
4.05 Mighty Morphin Power Rangers
4.30 Digimon
Adventures in the world of digital monsters.
4.50 Masked Rider
5.15
Monster Rancher
5.35 Terrible Thunderlizards
5.45-7.00pm FILM: The Land Before Time III: The Time of the Great Giving
Voice of Candace Hutson
Animated adventure. *1995*

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Clothes Shop!
8.00 Kids Shop!
8.30 Jewellery Shop!
9.30 Sports Shop!
10.00 Entertainment Shop!
11.00 Home Shop!
DIY products and tips.
12noon Shop! Outlet
12.30pm Shop! Selection
1.30 Shop! Special
2.30 Home Shop!
3.30 Kitchen Shop!
Gourmet gadget gifts.
4.30 Technology Shop!
PCs and accessories.
5.30 Shop! Preview
6.00 Shop! Selection
7.00-7.30pm Home Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* at 6.00am followed by children's shows. Saturdays: Children's programming plus a round-up of the week's news in *The Review*. Sundays: Highlights include a *Pokémon* triple bill and *The Sunday Programme with Alastair Stewart*.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 8.00 Weekend 9.00 News 9.30 News 10.00 News 10.30 Talk 11.00 News 11.30 Simpson's World 12noon News 12.30 Correspondent 1.00pm News 2.30 Talk 3.00 News 3.30 Reporters 4.00 News 4.30 Movies 5.00 News 5.30 Scoreline 6.00 News 6.30 Scoreline 7.00 News 7.30 Sportsday 8.00 News 10.30 Movies 11.00 News 12.30am Correspondent 1.00 News 2.30 Simpson's World 3.00 News 3.30 Movies 4.00 News 4.30 Reporters 5.00 News 5.30-6.00am Talk

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Health 6.30 Business 7.30 World Beat 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 CNNdotCOM 12.30pm Moneyweek 1.00 News/Report 2.30 Health 3.30 Sport 4.30 Golf 5.00 Africa 5.30 Business 6.30 Hotspots 7.30 World Beat 8.30 Style 9.30 Artclub 10.30 Sport 11.00 WorldView 11.30 Europe 12.30am Showbiz 1.00 WorldView 1.30 Diplomatic 2.00 Larry King 3.00 WorldView 3.30 Both Sides 4.30-5.00am Evans, Novak, Hunt & Shields

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Technofile 10.30 Showbiz Weekly 11.30 Fashion TV 12noon Sky News Today 1.30pm Answer the Question 2.00 Sky News Today 2.30 Week in Review 3.30 Showbiz Weekly 4.30 Technofile 5.00 Live at Five 7.30 Sportsline 8.30 Answer the Question 9.30 Fashion TV 10.00 Sky News at Ten 12.30am Showbiz Weekly 1.30 Fashion TV 2.30 Technofile 3.30 Week in Review 4.30 Answer the Question 5.30-6.00am Showbiz Weekly

INTERNATIONAL

SAT1 5.40am Simon Templar 6.35 Jumanji 7.05 Fantastic Max 7.35 Schlümpfe 8.05 Rugrats 8.35 Der Regenbogenfisch 9.05 Scooby-Doo Show 9.35 Tom and Jerry Kids Show 10.05 Family Feuerstein 10.35 Bugs Bunny 11.05 Men in Black – Die Serie 11.35 Die Peanuts 12noon Heartbreak High 1.00pm Raumschiff Enterprise 2.00 Star Trek – Raumschiff Voyager 3.00 Das Netz 4.00 echt wahr! 4.30 Nachrichten 5.00 Verrückte Welt 5.45 Alf 6.15 Der Dicke und der Belgier 6.45 Hausmeister Krause 7.15 FILM 9.40 Die Wochenshow 10.40 Die Wochenshow – Classics 11.10 Der Dicke und der Belgier 11.40-12midnight Night Talk

TV5 5.00am Journal 5.15 Journal des Journaux 6.00 Les Mondes Fantastiques 6.05 Les Zaps 6.30 Journal 7.00 Les Zaps 7.30 Infos 8.00 Archimède 8.05 Journal 9.00 Journal 9.15 Silence ça Pousse 9.30 Branché 10.00 Montagne 11.00 Infos 11.05 "D" comme Design CTQC 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.30 Reflets 2.00 Un Siècle d'Ecrivains 3.00 Journal 3.15 Questions 3.30 Sport Africa 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.30 Vélo Club 6.00 Grands Gourmands 6.30 ARTE Info 7.00 Journal 7.30 Journal et le Journal du Temps 8.00 Infos 8.05 Thalassa 9.00 Journal 9.30 La Vie à l'Endroit 11.00 Le Journal du Tour 11.30-12midnight Le Journal du Tour

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.00am News 8.00 Sant Darshan 9.00 Cultural Heritage 11.00 Interactive Live 12noon News 12.30pm Sansaar 1.00 Pakistan This Week 1.30 FILM 4.00 Gehra Paani 5.00 MTV 123 6.00 Ek Mulaqat 6.30 Music Fusion 7.00 MTV Hitlist 8.00 Kabhie Kabhie 8.30 Junoon 9.00 FILM 12midnight MTV Hitlist 1.00am FILM 4.00 Kabhie Kabhie 4.30 Junoon 5.00 Gehra Paani 6.00 Balcony 6.30 DD Programme 7.00-7.30am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Yeh Hai Bombay Meri Jaan 6.30 Shabads 6.45 Holy Quran 7.00 Faith: Swami Narayan 7.30 Daily News 8.00 Pakistan Business 8.30 Janam 9.00 Choti Choti Baatein 9.30 Quiz 10.00 Entertainment Express 10.30 Gubbare 11.30 Khana Khazana 12noon FILM 3.00pm Show Time 4.00 Sofia 5.00 Khoobsurat 5.30 Rishtey the Love Stories 6.30 Hum Paanch 7.00 Callmate Top Ten 8.00 News 8.30 FILM 11.30 Super 7 12midnight Punjabi News 12.15am News 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Aur Ek Minute 5.30-6.00am Gane Anjane

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 700 Club 6.00 CMTV 6.30 Jack van Impe 7.00 Kids' Club 7.30 Donut Man 8.00 Colby's Clubhouse 9.00 Gospel Bill 9.30 This Generation 10.00 Jesse 10.30-11.00am CMTV Scene Dock

BLOOMBERG
WORLD PACK

2.15am City Diary 4.45 European Weekly Review 5.00 Market Movers 5.15 City Diary 5.45-6.00am Spread Your Bets

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 10.00 Parliamentary Coverage 2.00pm PMQs 2.30 Hearts and Minds 3.00 Welsh Assembly 6.30 Parliamentary Coverage 11.30-12midnight Straight Talk

THE HISTORY CHANNEL
WORLD PACK

12noon
Mysteries of Warfare
12.55pm
Photos for the Future II
1.00
Revolt on the Potemkin
2.00 **As it Happened**
3.00
Great Crimes and Trials
Wayne Williams
3.30
Great Crimes and Trials
The Case of Gary Gilmore
4.00 **The Spying Game**
The Walls Have Ears
4.30 **Spies**
Tracking Hitler's Rockets
5.00 **Project Cancelled**
Jack Northrop's Flying Wings
6.00 **The Korean War**
7.00 **Biography**
Rock Hudson
8.00 **Century**
Utopia
9.00-10.00pm
The Rosetta Stone

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Herman Spielwaren Bears at 5.00pm.

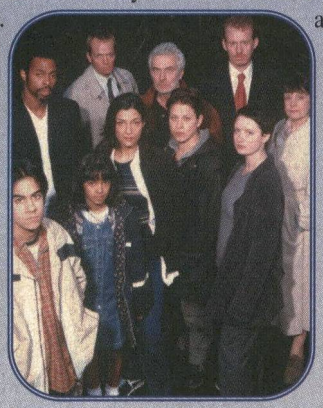
OUT OF THIS WORLD

SCI-FI, horror & fantasy

FAST TRAIN TO SURVIVAL

When this train was delayed, missing your connection was the least of your worries. **Patrick Holm** climbs aboard the apocalypse express for sci-fi-drama *The Last Train*

ASTEROIDS hurtled towards Earth in the blockbuster disaster movies *Armageddon* and *Deep Impact*. In *The Last Train*, which arrives on ITV2 this month, one such giant space rock has actually collided with the planet. Human life is virtually wiped out, but a group of ordinary people has survived by chance on an InterCity train to Sheffield that was going through a tunnel at exactly the right moment. One of them knows the truth about their situation, two are at each other's throats, and another is pregnant …



Nicola Walker (centre right) with the cast of The Last Train

One of the survivors is Harriet Ambrose, played by *Touching Evil*'s Nicola Walker. She recalls being fascinated by the premise of the series: 'It's a nightmare many people have. You're trapped in an appalling, catastrophic situation. In an ideal world you'd be surrounded by people you knew and trusted, but the nightmare is that you're surrounded by people you don't know or trust.'

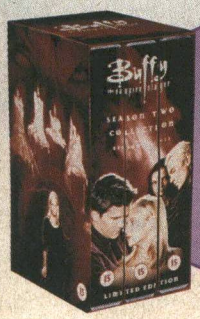
The BBC version of *The Day of the Triffids*, and the *Planet of the Apes* series were influences on Nicola's childhood, and she relished the prospect of 'running about Welsh mountains in freezing cold conditions'.

At first Nicola thought it would be difficult to find locations that would look convincingly desolate. 'We spent a lot of time in Wales because it's got a lot of vast, peaceful areas and you can get away with thinking there's nobody living there.

'The guys who created the broken-down Sheffield were just amazing. The location lads had been in there for four weeks creating a village and then destroying it. It was easy for the actors – you did walk into that world.'

The series creator, Matthew Graham, promises shocks galore: 'What is waiting for these passengers on the all-stations-to-Sheffield train is enough to root them to the spot in mute, horrified disbelief.' *The Last Train* presents them, and the audience, with the chance to prove that human nature is unconquerable.

The Last Train, ITV2, Sunday 2nd-Friday 7th, 9.00pm



BUFFY RESULT!

Here are the answers to our *Buffy the Vampire Slayer* quiz (see June issue of *Cable Guide*)

1b, 2a, 3c, 4b, 5a, 6b, 7c, 8c, 9b, 10a, 11c, 12b, 13a, 14b, 15c, 16a, 17a, 18b, 19b

Many thanks to **Twentieth Century Fox Home Entertainment** for supplying the prizes. Winners will be notified shortly.

UNIVERSAL BEAUTIES

Cable Guide readers have now had their say, and the winner of the sci-fi siren showdown (see May issue of *Cable Guide*) is … *Star Trek* beauty Seven of Nine. The gorgeous half-Borg stormed to victory with 76 per cent of the vote, eclipsing Lucy Lawless, aka *Xena: Warrior Princess*.

TIME MACHINE

MILLENNIUM

Time span: 1996-1999 (US); 1997-2000 (UK)

Plot: Lance Henriksen plays former FBI profiler Frank Black, whose vivid flashes of insight into the criminal mind allow him to piece together in graphic detail the background to horrendous crime scenes. His gifts come to the attention of the Millennium Group, a shadowy organisation which has a complicated agenda relating to ancient prophecies.

Most popular character: Jordan Black (Britanny Tiplady, above with Henriksen), Frank's daughter, who appears to have inherited some of his talents.

Most memorable episode: *Somehow Satan Got Behind Me*, an offbeat story in which four demons sit around a table drinking coffee and complaining about how Frank Black keeps getting in their way!

Why did it finish? The series was created by Chris Carter, but *The X-Files* supremo couldn't concentrate his attention on it, and under different production teams it lost direction and viewers. American network Fox pulled the plug in favour of Carter's new show, the short-lived *Harsh Realm*, although plotlines were tied up in an episode of *The X-Files*.

Millennium, *Sci-Fi, Tuesdays from 25th, 9.00pm, repeated Sundays at 11.00pm*

PHOTOS: BSKYB, ITV2, TWENTIETH CENTURY FOX

Sunday 23 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Beniker Gang
1985, rating Sky PG, 83 mins
7.30 Class Action
1991, rating Sky PG, 105 mins
9.20 That Darn Cat
1997, rating Sky U, DS, 86 mins
10.55 Dick Tracy
Comic-strip crime story. Text *1990, rating Sky PG, DS, 101 mins*
12.40pm The Mask of Zorro
Epic adventure. Text *1998, rating Sky PG, DS, 132 mins*

3.00 That Darn Cat
Christina Ricci, Doug E Doug, George Dzundza, Dean Jones
Family adventure about a teenage girl who, with the help of her cat – a moggy with incredible detective skills – sets out to find the family's maid who has been kidnapped.
1997, rating Sky U, DS, 86 mins
4.30 Barry Norman Interview with Mike Leigh
5.00 Dick Tracy
Warren Beatty, Madonna, Al Pacino, Glenne Headly
Comic-strip gangster movie that follows the adventures of a square-jawed detective hero and his pint-sized sidekick. He wages a one-man war against the underworld forces of a gangster boss who is planning a massive crimewave. Text *1990, rating Sky PG, DS, 101 mins*
7.00 Mr. Magoo
Leslie Nielsen, Kelly Lynch, Ernie Hudson, Miguel Ferrer
Slapstick comedy about a short-sighted innocent who receives a priceless jewel and soon finds himself being pursued by the FBI, the CIA and a crook. Text *1997, rating Sky PG, 84 mins*
8.30 The Mask of Zorro
Antonio Banderas, Anthony Hopkins, Catherine Zeta-Jones
Epic romantic adventure based on the classic legend of Zorro. The aged hero must find a successor to quash a corrupt governor's plans to buy California from the Mexican president. Salvation arrives in the form of a young bandit who rekindles the legend. Text *1998, rating Sky PG, DS, 132 mins*
10.45 One Night Stand
Wesley Snipes, Nastassja Kinski, Kyle MacLachlan
Psychological drama in which a man's passionate one-night stand with a woman threatens to destroy his world. Text *1997, rating Sky 18, 99 mins*
12.30am Fear and Loathing in Las Vegas
Johnny Depp, Benicio Del Toro
Quirky road movie.
1998, rating Sky 18, DS, 113 mins
2.30 Amistad
Epic historical drama. Text *1997, rating Sky 15, 148 mins*
5.05-5.30am Femmes Fatales: Winona Ryder

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am The Bears and I
1974, rating Sky PG, 85 mins
8.00 Running Brave
1983, rating Sky PG, DS, 102 mins
10.00 Final Descent
Robert Urich, Annette O'Toole
1997, rating Sky PG, 88 mins
12noon The Duke
Children's comedy.
1999, rating Sky U, DS, 85 mins
2.00pm Running Brave
Robby Benson, Graham Greene, Pat Hingle, Jeff McCracken
The true story of an American Indian track star and his battle to achieve an Olympic Gold. He has to overcome racial prejudice and envy to prove his ability.
1983, rating Sky PG, DS, 102 mins
4.00 Final Descent
Robert Urich, Annette O'Toole, Jim Byrnes, Ken Pogue
Airborne disaster movie in which a mid-air collision sends a plane into a potentially deadly descent. The crew and passengers must overcome their personal differences amid panic in order to save themselves. *1997, rating Sky PG, 88 mins*
5.45 UK Top Ten
6.00 Nick Fury: Agent of S.H.I.E.L.D.
David Hasselhoff, Lisa Rinna, Sandra Hess, Neil Roberts
Action movie in which the eponymous comic-book hero returns after five years in retirement to battle an old enemy. He must save America from a terrorist agency that harbours a deadly virus. Text *1998, rating Sky PG, 90 mins*
8.00 Mafia!
Jay Mohr, Billy Burke, Christina Applegate, Pamela Gidley
Spoof, packed with references to mob movies, about an Italian boy who becomes entangled with the Mafia. Text *1998, rating Sky 12, 83 mins*
9.30 Suicide Kings
Christopher Walken, Denis Leary, Henry Thomas
Black comedy about a Mafia boss who is kidnapped by a group of wealthy young men. They believe that he can use his influence to find the kidnapped sister of one of the group's members. *1997, rating Sky 15, DS, 102 mins*
11.20 Safe Men
Sam Rockwell, Steve Zahn
Organised crime comedy in which two untalented singers are mistaken for ace safe-crackers.
1998, rating Sky 15, 84 mins
12.50am Homegrown
Comedy thriller. Text *1998, rating Sky 18, 98 mins*
2.35 Eternal Revenge
Police thriller.
1998, rating Sky 15, 90 mins
4.10-5.55am Loss of Faith
1997, rating Sky PG, 89 mins

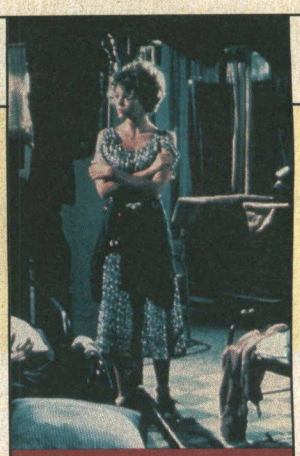
SKY CINEMA
PREMIUM CHANNEL

11.00am Passport to Suez
Warren William, Ann Savage, Eric Blore, Sheldon Leonard
Wartime mystery thriller.
1942, rating Sky PG, 69 mins
12.30pm Pardon Us
Stan Laurel, Oliver Hardy
Comedy. A pair of prison inmates during the prohibition stage a break-out. *1931, rating Sky U, 68 mins*
2.00 Johnny Guitar
Joan Crawford, Sterling Hayden, Mercedes McCambridge
Cult Western about two women battling tooth and claw for land rights. A saloon owner with an immoral past incurs the wrath of a spunky, spiky local do-gooder.
1953, rating Sky PG, 102 mins
4.00 Cleopatra
Claudette Colbert, William Warren, Henry Wilcoxon
Lavish version of the life of Egypt's most famous queen, directed by Cecil B DeMille. She was famed as the lover of the rulers of Rome before her ambitions were shattered.
1934, rating Sky PG, 97 mins
5.40 All About Eve
Bette Davis, Gary Merrill, Anne Baxter, George Sanders
Hollywood classic about a young aspiring actress and her ruthless rise to stardom. A star actress on the Broadway stage takes a fawning fan under her wing, not realising that she is taking an ambitious cuckoo into her nest. The fan is actually hellbent on using the star to advance her own career. Text
1950, rating Sky U, 133 mins
8.00 Final Analysis
Richard Gere, Kim Basinger, Uma Thurman, Eric Roberts
Psychological thriller set in present-day San Francisco. A psychiatrist is treating a patient and, to probe further into the young woman's past, the doctor decides to meet her older sister. There is a spark and the two swiftly begin an affair. *1992, rating Sky 15, DS, 119 mins*
10.00 Alien 3
Sigourney Weaver, Charles S Dutton, Charles Dance
Sci-fi sequel. The alien-chasing heroine of the series is found on a tough, all-male prison colony planet, which results in a few surprises and shocks for her and her colleagues. She soon realizes that the humans are not alone on the planet.
1992, rating Sky 18, 110 mins
12midnight Whatever Happened to Baby Jane?
1962, rating Sky 18, 128 mins
2.15am Pardon Us
1931, rating Sky U, 68 mins
3.30 After Midnight with Boston Blackie
1942, rating Sky PG, 62 mins
4.40-6.00am Alias Boston Blackie
1942, rating Sky U, 65 mins

FILMFOUR
ADD-ON CHANNEL

2.00pm It Happened Here
Pauline Murray, Sebastian Shaw, Reginald Marsh, Bart Allison
Seminal drama, made in a quasi-documentary style, which tries to imagine what might have happened if the Germans had occupied Britain during World War II. It takes a graphic look at how a besieged Britain would have dealt with Nazi rule. It looks at how people would attempt to cope with the repression and on those who prefer to collaborate with the Nazi invaders. Caught in the middle is a nurse who is offered the stark choice of working for the Nazis or starvation. Text *1961, 96 mins*

4.00 Bigger Than Life
James Mason, Walter Matthau, Barbara Rush, Robert F Simon
Drama. A man on the verge of a breakdown is diagnosed with a life-threatening disease and put on to a course of cortisone – a mood-altering drug which leads him to madness and the destruction of his family as he becomes hooked on the substance. Text *1956, 91 mins*
6.00 Jabberwocky
Michael Palin, Deborah Fallender, Max Wall, John Le Mesurier
Fantasy adventure, directed by Terry Gilliam. Loosely based on Lewis Carroll's epic poem, the film sees a poor man suddenly finding himself mistaken for a prince and in line for the hand of princess – if he can find and kill the monstrous Jabberwock.
1977, 100 mins
8.00 The English Patient
Juliette Binoche, Ralph Fiennes, Kristin Scott Thomas
Multi-Oscar-winning film of love, mystery, betrayal, honour and adventure, based on the Booker Prize-winning novel by Michael Ondaatjee. A nurse accompanying the Allied advance in Italy sets up a hospital in a monastery to nurse a dying, burned and disfigured man. Seeming to have lost his memory, flashes return with the arrival of an enigmatic stranger, and his past in the Sahara and his affair with a married woman are revealed. Soon his own identity and real name become clearer. Text *1996, 156 mins*
11.45 The Hit
Terence Stamp, John Hurt
Drama. A supergrass is enjoying life in Spain until two hit men arrive. *1984, 94 mins*
12.30am The Living End
Mike Dytri, Craig Gilmore
Drama. Text *1992, 92 mins*
1.55 The Dead Boys' Club
2.25 Crumb
Documentary. Text *1995, 116 mins*
4.30-6.00am Head
Rock film. *1968, 86 mins*



Jane Fonda stars in the Oscar-winning 'They Shoot Horses, Don't They?'. Carlton Cinema 9.00pm

Find your favourite TV shows in seconds: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm The Boy from Mercury
James Hickey, Hugh O'Conor, Rita Tushingham, Tom Courtenay
Drama set in Dublin in the early 1960s. An eight-year-old boy develops a fantasy that he is an exile from the planet Mercury in order to explain the perplexities of his troubled existence. His father is dead and his mother seems too old. *1996, 100 mins*
9.00pm They Shoot Horses, Don't They?
Jane Fonda, Michael Sarrazin, Gig Young, Susannah York
Drama based on Horace McCoy's novel exploring the desperation of couples competing in one of Hollywood's dance marathons in the Depression years. Everyone's reason for participating is simple – three meals a day and a chance at winning the $1,500 prize. *1969, 129 mins*
11.15 Home Invasion
Veronica Hamel, Bonnie Root, Jeremy Ratchford
Drama. *1997, 86 mins*
1.15am Someone to Watch Over Me
Thriller. *1987, 102 mins*
3.15 They Shoot Horses, Don't They?
Drama. *1969, 129 mins*
5.30-7.00am Palmy Days
Musical comedy. *1931, 80 mins*

MORNING

6.00 AM

3.00 PM

4.00 PM

5.00 PM

6.00 PM

7.00 PM

8.00 PM

9.00 PM

10.00 PM

11.00 PM

12.00

NIGHT TIME

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

TWIN DRAGONS
Rating 12, 86 mins
Action comedy thriller. A case of mistaken identity brings two brothers – one a martial arts expert in Hong Kong, the other a musician in New York – back together. Stars Jackie Chan.
T/C: Action comedy.
BL: Infrequent, mild.
S/N: Infrequent, mild references.
V: Occasional, moderate, comic.
6.45pm, 8.30pm, 10.15pm, 12midnight, 1.45am, 3.30am

Channel 53

THE MATRIX
Rating 15, 131 mins
Sci-fi thriller. A young man, who has been searching for truth all his life, finds himself in a sinister world of virtual reality where the truth can be dangerous. Stars Keanu Reeves, Carrie-Anne Moss and Laurence Fishburne.
T/C: Sci-fi, adventure, virtual reality.
BL: Occasional, mild.
S/N: None.
V: Frequent, strong, fantasy.
6.30pm, 9.00pm, 11.30pm, 2.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 6.30 Hour of Power 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon 10.00 Pokémon 10.30 The Simpsons 11.00 World Wrestling Federation – Metal 12noon World Wrestling Federation – Superstars 1.00pm America's Dumbest Criminals 1.30 America's Dumbest Criminals 2.00 Beverly Hills, 90210 Text

3.00 Earth: Final Conflict
Miracle
Boone investigates a Taelon project which is thought to be able to perform the regeneration of limbs. Text

4.00 Star Trek: Voyager
One
Sci-fi drama. Seven of Nine and the Doctor are left to pilot the ship through a dangerous nebula. Text

5.00 Star Trek: Voyager
Hope and Fear
The crew members of *Voyager* discover a ship sent from Earth that could take them home at last. Starring Kate Mulgrew. Text

6.00 The Simpsons
Treehouse of Horror VIII
A matter-transportation device melds Bart with a housefly. Text

6.30 The Simpsons
Lisa Gets an 'A' Text

7.00 Futurama
Anthology of Interest #1

7.30
3rd Rock from the Sun
Dick Solomon's Day Off
Dick discovers sick days.

8.00
Buffy the Vampire Slayer
I Robot... You Jane
Willow unwittingly unleashes a powerful demon that takes refuge on the Internet. Text

9.00 The X-Files
Hollywood AD
A screenwriter tags along with the agents as they investigate a church bombing – a case later transformed into a film.

10.00 V.I.P.
Quick and Dead
An imposter sets out to steal some valuable jewellery belonging to VIP's latest client. Guest starring Verne Troyer.

11.00 Forever Knight
Ashes to Ashes
LaCroix's vampire daughter goes to Toronto seeking revenge against her father by killing everyone associated with him.

12midnight LAPD
The hard-edged reality series about the Los Angeles Police Department.

1.00am Stand and Deliver
This week's host is Pauline Daniels.

1.30 Chicago Hope
3 Old Men and a Lady Text

2.30-6.00am Long Play
A VJ-free music selection, including charts, videos and special features.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am The Good Life 6.40 The Two Ronnies 7.40 Blake's 7 8.45 Dr Who Omnibus 10.50 Dynasty Omnibus 12.45pm FILM: The Love Bug
Dean Jones, Michele Lee, Buddy Hackett, David Tomlinson
Comedy about a Volkswagen Beetle with a mind of its own that helps an unlucky racing driver. *1968*

2.50 The Bill Omnibus
Catch up on the week's events down at the Sun Hill police station. A jealous nanny wreaks havoc on a family when Jarvis and Keane arrest her for stealing. A pub landlord is run over after giving Boulton information. The police are shocked when Beech is found beaten unconscious in an alleyway. Meanwhile, Boulton is accused of encouraging the father of a mugging victim to take the law into his own hands and a teenage girl with a broken nose claims she was assaulted by her ex-boyfriend.

5.20 The Good Life
Our Speaker Today
Self-sufficiency sitcom. Barbara gets involved in public service. Stars Penelope Keith.

6.00 Lovejoy
Fly the Flag
Lovejoy gets involved in a row about the appearance of an American flag from the War of Independence in the local church and who it belongs to. Text

7.05 Yes, Prime Minister
Official Secrets
Sitcom about Jim Hacker's life as Prime Minister. Text

7.45 Goodnight Sweetheart
Out of Town
The coast is clear for Gary to go on holiday with Phoebe. Text

8.25
Only Fools and Horses
As One Door Closes

9.05 dinnerladies
Minnellium
Bittersweet sitcom. The staff are catering for the firm's millennium dinner at a venue across town.

9.45 dinnerladies
Christine
Sitcom. Anita's replacement is both praised and loathed.

10.25 Sex and Chocolate
Drama about a contented wife and school teacher who is led into temptation by an old flame. She agrees to spend a weekend with him in Paris but she soon succumbs to a taste for sex and chocolate. Stars Dawn French, Phil Daniels, Jan Alphonse and Roger Brierly.

12.15am dinnerladies
12.55 dinnerladies
1.35 The Dark Room Text
3.10 The Dark Room Text
4.40 Dynasty
The Fair
Sean threatens Dana with blackmail over her abortion
5.30-6.00am Angels

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Forgive or Forget 9.50 Relationship SOS 10.30 Brookside Omnibus 12.30pm
FILM: A Child Lost Forever
Beverly D'Angelo, Dana Ivey
Drama about giving a child up for adoption. *1992*

2.20 FILM: Courting Justice
Patty Duke, Donnelly Rhodes
Inspiring drama in which a woman is so incensed by her meagre divorce settlement that she puts herself through law school in order to take on the judicial system. *1995*

4.20 Maury Povich
Double bill of veteran broadcast journalist Maury Povich's compelling and personal talk show dealing with emotional conflicts and relationship issues.

6.00 Plastic Fantastic
Series about people who choose to undergo plastic surgery.

6.30 Little Miracles
Life at the Hospital for Sick Children in Toronto.

7.00 Real Romance
Tales of first meetings, nostalgic accounts of love, and romances.

7.30 Family Confidential
A glimpse into the lives of people in extraordinary circumstances.

8.00 Judge Judy
Double bill of the show in which New York City's outspoken family court judge Judy Sheindlin presides over a series of real-life cases and conflicts.

9.00 Profiler
Suspense thriller series about Dr Sam Waters, a brilliant forensic psychologist with the unusual gift of being able to understand the criminal mind.

10.00 Jerry Springer
A double bill of the outrageous, anything goes talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussions about relationship issues and alternative relationships which can shock their more conventional friends and families.

11.45-12midnight
Sex Bites

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Nearest and Dearest 6.30 Nearest and Dearest 7.00 Plus on Plus 7.30 Please Sir 8.00 How's Your Father? 8.30 Supersonic 9.00 The Persuaders 10.00 The Darling Buds of May 11.00 The Rag Trade 11.30 Bless This House 12noon Nearest and Dearest 12.30pm Nearest and Dearest 1.00 Maggie and Her 1.30 Second Thoughts 2.00 Bonanza

3.00 Classic Coronation Street – The Omnibus
Omnibus edition of the week's events in the most famous street in Britain. Hilda tells Jack of a system of winning on the horses and they begin gambling. Audrey borrows Alf's car to drive to Birmingham and crashes it. She admits the damage and they kiss. Meanwhile, Ivy tells George of her decision to marry him. Susan starts to drum up business at The Recorder, much to Ken's delight. Text

5.30 Bullseye
Quiz show. Hosted by funny man Jim Bowen.

6.00
The Darling Buds of May
Cast Not the Pearls
Before Swine – Part I
Comedy-drama. Pop has the perfect birthday surprise for Ma.

7.00 The Benny Hill Show
Sketches featuring a host of quirky characters, guest stars and a bevy of beauties. This episode features a comical look at the hazards of life.

8.00 In Suspicious Circumstances
The Great Romancer/
The Silent Witness
Edward Woodward presents two mysteries which stay unsolved.

9.00 The Sweeney
Hearts and Minds
Police drama series.

10.00
Tales of the Unexpected

10.30-11.00pm
Tales of the Unexpected

GRANADA MEN & MOTORS
ACTION PACK

11.00pm 2 Wheels
Magazine programme dedicated to motorbikes.

11.30 Kits 'n' Cruising
Motoring show aimed at fans of specialist vehicles.

12midnight Ice with Jordan
Motoring series presented by ex-rapper Vanilla Ice and glamour model Jordan.

12.30am Drivetime
Motor Racing 70s Style

1.30-2.00am Motor Week
Magazine show that looks at the whole of the motoring industry.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.20 Music Time 6.25 Pooh 6.40 Art Play 6.45 Toons 6.55 Spot 7.05 Bite Size 7.20 Circle Time 7.25 Bear 7.50 Olie 8.00 Boy Meets World 8.30 Teen Angel 8.55 Art Attack 9.25 Kids' Awards Update 9.30 Sabrina 10.00 Doug 10.30 Pepper Ann 10.55 Kids' Awards Update 11.00 Smart Guy 11.30 Boy Meets World 12noon 100 Deeds for Eddie McDowd 12.30pm Incredible Story Studio 1.00 FILM: It Takes Two 2.40 Mickey Mouseworks

3.05 101 Dalmatians
Canine capers. Text

3.30 Timon and Pumbaa
Animation. *The Lion King* characters are back. Text

4.00 FILM: Lion King II – Simba's Pride
Voices of Neve Campbell, Matthew Broderick
Animation. The heir to the Pridelands is told never to go to the Outlands. She goes anyway and falls in love with a young lion, who's groomed to overthrow the lion king. Text *1998*

5.20 Honey, I Shrunk the Kids: The TV Show

6.05 Smart Guy
Most Hated Man on Campus
T.J. tutors the star player of the school's basketball team. Text

6.30 Boy Meets World
Wheels Text

7.00 FILM: Annie
Kathy Bates, Alicia Morton
Family musical. An orphan meets a billionaire who takes her in for the Christmas holidays. He is so charmed by the winsome waif that he adopts her, changing her life forever. Text *1999*

8.30 Honey, I Shrunk the Kids: The TV Show
Science is serious fun in the Szalinski household, where dad is an eccentric inventor. Text

9.10 Thunderstone
Rorden accidentally sends Chip on an experimental time trip.

9.35 Dinosaurs
Prehistoric fun. Text

10.00 Home Improvement
Tool Time After Dark Text

11.00
Touched by an Angel Text

11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SUNDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Fear and Loathing in Las Vegas
Sky Premier 12.30am

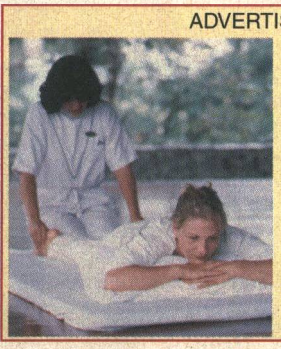
Director Terry Gilliam bombards the viewer with a catalogue of outrageous images as he brings Hunter S Thompson's counter-culture novel to the screen. Journalist Johnny Depp and his unhinged attorney, Benicio Del Toro, go on a nightmarish drugs binge in Vegas.

GENERAL

The X-Files
Sky One 9.00pm

Not content with his *X-Files* fame, David Duchovny gets behind the camera to write, direct and star in this new episode. In *Hollywood AD* Mulder and Scully go to Tinseltown when a film is made about their lives. Duchovny's wife (Tea Leoni) plays the film version of Scully.

ADVERTISEMENT



UK STYLE
SPA TREK
8.30PM
For the first time on UK screens, this is the series for everyone who wants to experience the beauty, luxury and fun of a great spa. Follow host Brigitte Gall as she travels to five continents and twenty countries in search of the most fascinating and elegant spas in the world.

Sunday 23 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM	**7.30am Sailing** **8.00 Trial** **8.30 Motorcycling – LIVE** **9.30 Motorcycling – LIVE** **10.00 Motorcycling – LIVE** **11.15 Motorcycling – LIVE** **12.30pm Motorcycling – LIVE** Coverage of the German Grand Prix. **2.00 Cycling – LIVE** Coverage of the 21st and final stage of the Tour de France, which ends in Paris. For the first time in the history of the tour, the last stage will be run entirely in the heart of the French capital, while in the morning, the same course will be open to all cyclists for an unforgettable ride.	**6.00am Aerobics Oz Style** **6.30 International Cricket: Triangular One-Day International – Final** **8.30 Big Fight Special** **10.30 Australian Rugby League – LIVE** **12.30pm Gillette World Sport Special** **1.00 Big Fights: Henry Armstrong** **2.00 The Winning Post: Kempton/Redcar – LIVE** The *Winning Post* team brings the very best live horse racing action from the length and breadth of Britain, with coverage from the high-profile meetings at Kempton and Redcar.	**6.00am Watersports World** **7.00 Aerobics Oz Style** **7.30 Triathlete Magazine** **8.00 World Offshore Powerboats 8.30 Gillette World Sport Special** **9.00 Soccer Extra 12noon Triathlon: Escape from Alcatraz Triathlon 1.00pm Triathlete Magazine Show** **1.30 Total Sport** **2.00 Show Jumping: The Horse Show – LIVE** Equestrian action from the Essex County Showground.	**10.00am Fastrax 2000** **10.30 European Drag Racing: Season Preview** **11.00 World Motor Sport** Fast-paced coverage from the circuit where all the latest news and views are tracked. **1.30pm Extreme Sailing** The show that features the most breathtaking sailing action from around the world. **2.00 Masters Football: Manchester Masters** More action from the Manchester Masters, staged at the Manchester Evening News Arena. Former United stars Clayton Blackmore and Frank Stapleton are just two of the veterans likely to be appearing as well as ex-Manchester City players such as Andy Dibble and Nigel Cleghorn. This is the latest in six qualifiers leading up to the Masters Final.	**8.00am Destination Space** **8.30 Cybernet** **9.00 The Incredible Hulk** **10.00 Lost in Space** **11.00 The Six Million Dollar Man** **12noon Mystery Science Theatre 3000** **1.45pm Sci-Focus Special** **2.00 FILM: Timemaster** *Pat Morita, Michelle Williams* A young boy's parents are abducted by aliens, so he sets out through time in a bid to rescue his lost mother and father. *1995*	**6.00am Select MTV** **9.00 Hit List UK** **10.00 The Real World – Boston** **12noon Weekend Edition** Get your dose of all the top stories from the world of showbiz, as they break across Europe. **12.30pm Select MTV** Call the special number, pick your favourite video from the on-screen menu, and MTV will do the rest. Presented by Richard Blackwood. **3.30 Weekend Edition** The latest showbiz news.
3.00 PM						
4.00 PM					**4.00 FILM: Cocoon: The Return** *Don Ameche, Wilford Brimley, Courteney Cox* Sequel to the hit movie *Cocoon*. After leaving Earth for the planet of Antarea, three elderly couples return to rescue the remaining cocoons from damage caused by earthquakes. *1988*	**4.00 Hottest Summer Hits Weekend** Three hours of some of this summer's best music.
5.00 PM	**5.00 Football – LIVE** Coverage of the European Under-18 Championships from Germany.	**5.00 Australian Rugby League** Highlights from the latest rough and tumble action from the NRL, Australia's intense rugby league competition which never fails to excite. Hosted by Chris Warren.	**5.00 World Motor Sport** The programme that takes viewers to the heart of the race world and provides an essential guide to who is racing where, when and how. Featuring a comprehensive round-up of the biggest and most exciting meetings, and a preview of the major events in store.	**5.00 Pool: Embassy World Eight Ball Pool – Men's Semi-Finals** Action from the Cardiff International Arena as the men's individual competition approaches the final stages.		
6.00 PM	**6.45 Touring Car** Action from the sixth round of the European Super Touring Cup from Misano, Italy.	**6.30 Super League – LIVE** Super League V hurtles toward the end of the first half of the season and is shaping up to be the best ever. Wigan Warriors have shown the consistency that made them world-beaters throughout the 1980s, while Challenge Cup winners Bradford Bulls have looked invincible at times. Hosted by Eddie Hemmings and Mike Stephenson.	**7.30 European Drag Racing: Season Preview** **8.00 Ford Golf USA: US Women's Open – LIVE** Defending champion Juli Inskter hopes to be in contention on the final day of this year's US Women's Open. She won the coveted title by a mammoth five strokes in 1999 and is one of the favourites for the 2000 title. The testing Merit Club in Libertyville, Illinois will surely get the very best out of the field.		**6.00 Babylon 5** *A Day in the Strife* Narn officials arrive to replace G'Kar, and an alien ship threatens the space station.	
7.00 PM	**7.30 Motorcycling** Highlights of the German Grand Prix from the Sachsenring, featuring the 125cc, 250cc and 500cc races.			**7.00 Soccer Extra** The show that keeps the fans updated on the latest developments in the football world. With lively studio debate, special guests and phone-in competitions, this is the show to get soccer fans up. With Matthew Lorenzo.	**7.00 Babylon 5** *Passing through Gethsemane* A monk on board the station experiences terrifying visions.	**7.00 Weekend Edition** The latest showbiz news and gossip. **7.30 Essential Ricky Martin**
8.00 PM					**8.00 PSI Factor – Chronicles of the Paranormal** *GeoCare* A frightening, killer demon is unleashed.	**8.00 FANatic: George Clooney** **8.30 Making the Video: Britney Spears – Oops! I Did it Again**
9.00 PM	**9.00 Car Racing – LIVE** Coverage of the fifth round of the American Le Mans Series at Sears Point Raceway, Sonoma.	**9.00 Show Jumping** Equestrian action.			**9.00 Tekwar** *Promises to Keep* Jake is forced to choose between losing Beth to her college sweetheart or risking her death.	**9.00 Celebrity Death Match** A double helping of the cult series where clay renderings of celebrities battle it out.
10.00 PM	**10.00 SportsCentre** **10.15 Car Racing – LIVE** More action from the Sears Point Raceway, Sonoma, US.			**10.00-12midnight Pool: Embassy World Eight Ball Pool – Men's Semi-Finals** Action from the Cardiff International Arena as the men's individual competition approaches the final stages.	**10.00 Fortean TV** A look at bizarre wonders. **10.30 Stranger Than Fiction** *Emergency Planet Earth – Part II*	**10.00 Loveline USA** Another episode of the late night advice show featuring a comedian, a Doctor and a studio audience based in LA.
11.00 PM	**11.00 Cycling** Final stage Tour de France coverage from Paris. **11.45 Boxing** International contest.	**11.30-2.00am World Motor Sport** The programme that takes viewers to the heart of the race world and provides an essential guide to who is racing where, when and how with a comprehensive round-up of the biggest and most exciting meetings.	**11.00 Australian Rugby League** Highlights from the latest rough and tumble action from the NRL, Australia's intense rugby league competition. *Repeat from Sky Sports 1* **12.30am Super League** The Super League V encounter hits the screens. **2.30-5.30am Ford Golf USA: US Women's Open 2000** Final day action from Open at the Merit Club in Illinois.		**11.00 American Gothic** *Requiem* Lucas is buried while Caleb, Gail, Ben and Selena are at the graveside.	**11.00 Bytesize MTV** Highlights and bizarre moments from MTV stations across the world in the form of short soundbites.
12.00 NIGHT TIME	**12.15am-12.30am SportsCentre**				**12midnight Twin Peaks** **1.00am FILM: Nightflyers** *Michael Praed, John Standing* A group of scientists aboard an ancient freighter are stalked by an unseen malevolent force. *1987* **2.45 Sci-Focus Special** **3.00-4.00am Lost in Space**	**12midnight brand:new** Zane Lowe looks at some of the new music around and chats to alternative acts of the moment. **1.00am The Lick R&B Chart Show** With Trevor Nelson. **2.00-6.00am Night Videos**

LIVE FORD GOLF USA: US WOMEN'S OPEN SKY SPORTS 2 8.00PM

The US Women's Open defending champion and five-time major winner Juli Inkster (pictured) of America will hope to be leading the field as one of the the most prestigious tournaments in women's golf reaches its climax at the Merit Club, Libertyville, Illinois. Inkster set a 16-under-par total tournament record as she stormed to a five-stroke victory over compatriot Sherri Turner. Once again the British challenge at this $2.75m event will be spearheaded by Laura Davies.

PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 FILM: Walnut Creek
12midnight Freeview
12.12am FILM: Fantasy Writer
1.30 Adult Feature
1.45 FILM: Generation X
2.55 Caught at Home
3.05-4.00am Black and Blue

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10 FILM: Innocence Lost 1.00am The Five Minute Freeview
1.05 FILM continues
1.20 FILM: Psychosexuals
2.30 FILM: Naked Godess
3.40 Lulu Divine
4.10-5.30am FILM: Wicked Waxxx Worxxx

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Sunday 23 July

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 9.00 It's the Weekend 10.00 Ten of the Best: 80s One Hit Wonders 11.00 Behind the Music: Duran Duran 12noon Talk Music 12.30pm Greatest Hits: Dire Straits 1.00 Ed Sullivan's Rock'n'Roll Classics 1.30 Greatest Hits: Phil Collins 2.00 It's the Weekend with Jules and Gideon

3.00 A-Z of the 80s
From Abba to ZZ Top, VH1 runs through the biggest artists of the 1980s with this alphabet of pop.

7.00 The VH1 Album Chart Show
Paul King presents the latest rundown of the best-selling albums of the week in the UK.

8.00 It's the Weekend with Jules and Gideon
Julia Carling and Gideon Coe present all the usual news and features.

9.00 Behind the Music: Boy George
The documentary series turns its spotlight on Culture Club's flamboyant front man.

10.00 Behind the Music: 1984
NEW A look back at the artists and events of a year that forever changed the face of pop. With the sudden emergence of the modern music video, artists such as Prince, Madonna and Cyndi Lauper found a new fame dictated largely by image.

12midnight Behind the Music: Depeche Mode
The British stadium band discuss their musical influences and career.
1.00am Video Timeline: Madonna
1.30 Greatest Hits: 80s
2.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files 12.30pm Croc Files 1.00 Emergency Vets 1.30 Emergency Vets
More troubles and life at the animal ER in Denver.
2.00 Vets on the Wildside 2.30 Vets on the Wildside
Series about the problems faced by vets caring for South Africa and Zimbabwe's diverse wildlife species.

3.00 Wild Rescues
Incredible tales of people saving animals – and animals saving people.
3.30 Wild Rescues
More incredible tales.
4.00 Call of the Wild
Drama series based on Jack London's novel about the trials and adventures of a dog in the north American wilderness.
5.00 Monkey Business
There's good news from the woolly monkey house.
5.30 Monkey Business
6.00 Animal Legends
Featuring true stories of rescues and journeys and incredible legends of strange animals.
6.30 Animal Legends
7.00 Wildlife Cop
A focus on the work of one of the few wildlife cops in the UK.
7.30 Wildlife Police
With Anna Walker.
8.00 Wild Rescues
Incredible tales of people saving animals – and animals saving people.
8.30 Wild Rescues
More incredible tales.
9.00 The Last Paradises
Serengeti – Kingdom of Gnus
9.30 The Last Paradises
10.00 Game Park
Good Fences
A look at some of the ways in which rhinos are protected from the illegal trade in their horns.
11.00-12midnight Untamed Africa
Simba's Death
Wildlife series. The lioness's injured paw proves to be fatal.

CABLE CHECK
Some of the channels listed may not be available in your area

ITV2
ACCESS PACK

9.25am **Sunset Beach Omnibus**
Another chance to see last week's episodes.
1.10pm Home and Away
Four back-to-back episodes of the popular Australian soap.

3.10 Emmerdale Omnibus
A chance to catch last week's episodes of the enduring rural soap.

4.35 Coronation Street Omnibus
A chance to catch last week's episodes of the long-running soap. Text

6.30 Heartbeat
Shotgun Wedding
Mike and Jackie decide on a secret wedding but the villagers have other plans. With Jason Durr. Text
7.30 CD:UK
Music chart show with the latest acts performing live in the studio.

8.30 Trevor McDonald Meets...
The popular newscaster talks to a variety of guests.
9.00 Grafters
Viv discovers that Joe and Lizzie spent the night together and decides to take the job in London. With Robson Green. Text
10.00 Coronation Street
A chance to catch tonight's episode from ITV. Text
10.30 Rebus
Black and Blue
Rebus is thwarted in his pursuit of a copycat killer when he is assigned to another case, pending an official inquiry into his role in a murder investigation 15 years ago.
12.30am A Week on the Wild Side
Elvis Lives
Follow seemingly ordinary people and their extraordinary lives.
1.30-2.30am Trisha
More true stories. Text

UK STYLE
LIFESTYLE PACK

7.00am Can't Cook, Won't Cook 7.30 Ready, Steady, Cook 8.00 House Invaders 8.30 The House Doctor 9.00 All the Right Moves 9.30 Antiques Treasure Trail 10.00 Holiday in Style 11.00 Holiday Swaps 11.30 Spa Trek 12noon Spa Trek 12.30pm Your Money or Your Life 1.00 Looking Good 1.30 Fresh Food 2.00 Delia's How to Cook 2.30 Delia Smith's Summer Collection

3.00 Ainsley's Meals in Minutes
How to create mouth-watering meals in minutes.
3.30 Two Fat Ladies
Barristers
4.00 Can't Cook, Won't Cook
Cookery challenge.
4.30 Ready, Steady, Cook
Two top chefs compete.
5.00 House Invaders
Homes are given a facelift.
5.30 The House Doctor
Ann Maurice helps out desperate home owners.
6.00 All the Right Moves
Quentin Willson talks consumer property.
6.30 Antiques Treasure Trail
7.00 Holiday in Style
Popular holiday programme featuring reports from Majorca, Jersey, Jamaica, Salou, Cambridge and Turkey.
8.00 Holiday Swaps
Holidaymakers swap their pre-booked breaks.
8.30 Spa Trek
Australia – Hyatt Regency Coolum Resort
9.00 Spa Trek
9.30 Your Money or Your Life
New York finance expert Alvin Hall offers pecuniary advice for everyday people.
10.00 Looking Good
Fashion and beauty series for women.
10.30 Fresh Food
Explore the universal passion for food.
11.00 Delia's How to Cook
11.30 Delia Smith's Summer Collection
The Summer Kitchen Garden
12midnight Ainsley's Meals in Minutes
With flamboyant TV chef Ainsley Harriott.
12.30am-1.00am Two Fat Ladies
Barristers
A blend of cookery and comic exploits.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Fastest Claw in the West 7.30 Devilfish 8.00 Piranhas 8.30 The Swarm 9.00 Great White Shark 10.00 The House Text 11.00 The House Text 12noon Top Gear GTi 1.00pm Clarkson's Extreme Machines 1.30 Clarkson's Extreme Machines 2.00 The Fastest Claw in the West 2.30 Devilfish

3.00 Piranhas
The story of the South American piranha.
3.30 The Swarm
A look at the jellyfish in its natural habitat.
4.00 Great White Shark
The True Story of Jaws
A look at great white sharks in their natural environment.
5.00 Top Gear GTi
The team tests the latest models and casts an eye over the hottest motoring news, with interviews and consumer tips.
6.00 I, Caesar
Nero: The Power and the Madness
A portrait of perhaps the most infamous of the Roman emperors.
7.00 Empire of Death
Christopher Lee narrates the story of ancient Africa, in which many different kinds of terrifying death rituals were practised.
8.00 The Bookie
A look at how independent bookmakers are finding it increasingly difficult to compete with the might of the corporate giants.
9.00 Ruby's American Pie
Pageants Text
9.30 Ruby's American Pie
Porn Text
10.00 Great Railway Journeys
Halifax to Porteau Cove
Chris Bonington makes a transcontinental journey across Canada.
11.00 999
More reconstructions of stories of heroism. Text
12midnight-1.00am Hollywood Men
The High Life

UK PLAY:
1.00am Flatmates 1.30 Pick 'n' Mix 2.00 DJ Anthems 2.30 Soundtrack to My Life 3.00 Soundtrack 3.30 Bally Dung Radio 4.00 Bally Dung Radio 4.30 Funny Noise 4.45 Hey DJ 5.00 Chris Moyles 5.30 The Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Food Factory 7.30 Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 Thoroughly Modern British 9.30 Newman Meets 10.00 Spice World 10.30 Simply Baking 11.00 Flash in the Pan 11.30 From the Ground Up 12noon Antony's Scotland 12.30pm Peter Gordon's Pacific Food 1.00 Coxon's Kitchen College 1.30 Nancy Lam's Wok Wiz 2.00 Network Daily 2.45 Quick Cooks

3.00 Cocktail Challenge
Presented by Paul Coia.
3.30 Cucina Valentina
Ricotta and Mascarpone
4.00 Simply Baking
Cheesecakes
Baking with Andrew Nutter.
4.30 Picture This
Magazine series.
5.00 Superchefs
5.30 Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm Use Your Loaf

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Springtime for the Weddell Seals
Follow a Weddell seal in its first few weeks of life.
7.30 Hunts of the Dophin King
8.00 Operation Shark Attack
A look at the frenzied feeding behaviour of sharks in Australia's Great Barrier Reef.
9.00 Caribbean Cool
A profile of the efforts made in Foru of the Windward Islands to protect and preserve their parrot populations.
10.00 Taking Pictures
Follow Australia's most internationally renowned documentarists while making a film about Papua New Guinea.
11.00 Land of the Anaconda
Jesus Rivas delves into the layers of mud where the world's largest snake hides in Venezuela.
12midnight-1.00am African Odyssey
How Mark and Delia Owens were forced to leave Botswana after they brought attention to the plight of endangered African animals.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Strike it Lucky 5.30 Sale of the Century 6.00 100% 6.30 Family Fortunes 7.00 Beadle's About 7.30 Winner Takes All
Hosted by Bobby Davro.
8.00 Stars in Their Eyes 8.30 Candid Camera 9.00 Whittle 9.30 Strike it Lucky
With Michael Barrymore.
10.00 Endurance UK 10.30 Family Fortunes 11.00 Gladiators
12midnight Beadle's About
Hidden camera pranks.
12.30am Stars in Their Eyes 1.00 Candid Camera 1.30 Absolute Cobblers 2.00 Karaoke Challenge 2.30 3-2-1 3.30 The Krypton Factor 4.00 Say the Word 4.30 Move on Up 5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Set in Stone 6.30 The Diceman 7.00 Screaming Reels 7.30 Hooked on Fishing with Paul Young 8.00 How to with B & Q 8.05 A Car is Born 8.35 Our House Down Under 9.05 This Old House with Steve and Norm 9.35 This Old House with Steve and Norm 10.05 How to with B & Q 10.10 Total Fishing with Matt Hayes 10.40 Fishing Australia 11.10 Rex Hunt Fishing Adventures 11.40 Wood Wizard 12.10pm How to with B & Q 12.15 The House Doctor 12.45 The House Doctor 1.15 Home Again with Bob Vila 1.45 The New Yankee Workshop 2.15 How to with B & Q 2.20 Village Green 2.50 Time Team 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Chilli Factor 10.30 Human Traffic Diaries 11.00 Trainspotters 99 12noon Hip-Hop Special 12.30pm Boardstupid 1.00 buzz:tracks 2.00 e-trippers 2.30 Fearless 3.00 Trainspotters 99 4.00 Ibiza 2000 4.30 High Adrenalin Action 5.00 Chilli Factor 5.30-6.00pm That Film Show

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV 7.00 LLTV – Local Life 7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase 8.30 What's On TV 9.00-9.30pm LLTV – Local Life

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Sunday 23 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM
4.00pm
Wings of Tomorrow
Final Frontier
A look at the current search for a new generation of spacecraft.

5.00 PM
5.00 Race for the Superbomb
An investigation into the race between the USA and the Soviets to develop the first hydrogen bomb.

6.00 PM
6.00
Extreme Contact
On the Panther Trail
6.30 O'Shea's Big Adventure
Lost Worlds

7.00 PM
7.00
The Knights Templar
Origins
7.30
The Knights Templar
Corporation

8.00 PM
8.00 Lonely Planet Specials
Food
A guide to some of the world's best and worst food for those on a budget.

9.00 PM
9.00 Lonely Planet Specials
Beaches
A guide to some of the most remote and least known sandy hotspots.

10.00 PM
10.00 Lonely Planet Specials
Festivals
A look at some of the various festivals held in different parts of the world.

11.00 PM
11.00 Lonely Planet Specials
Treks
Check out some of the very best treks on offer around the world.

12.00
12midnight Planet Ocean
Reincarnation of Life
A look at life beneath the waves.
1.00am-2.00am Seawings
The Vigilante
Follow the US Navy's development of a supersonic nuclear bomber.

NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Tabaluga 5.30 Blinky Bill 6.00 Fly Tales 6.30 Flying Rhino Junior High 7.00 Fat Dog Mendoza 7.30 Ned's Newt 8.00 Mike, Lu and Og 8.30 Dragonball Z Rewind 11.00 Johnny Bravo 11.30 The Mask 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 The Flintstones 1.30 Scooby-Doo 2.00 I Am Weasel 2.30 Courage the Cowardly Dog

3.00
Fat Dog Mendoza
Another surreal adventure for the hefty hound.
3.30 Ned's Newt
Reptilian adventures.
4.00
The Powerpuff Girls
Trouble in Townsville calls out the three heroines.
4.30
Angela Anaconda
5.00 Dragonball Z
Cult Japanese animated adventure series.
5.30 Ed, Edd 'n' Eddy
More fun with the trio of namesakes.
6.00 Tom and Jerry
Madcap comic antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
7.30 Looney Tunes
8.00 Mike, Lu and Og
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm Wild Rovers
William Holden, Ryan O'Neal, Karl Malden
Western. An ageing cowhand and his young sidekick rob a bank to put some excitement back into their lives. Then they head for the Mexican border, pursued by a posse who are bent on bringing them back dead or alive.
Widescreen *1971*
11.30-1.00am
The Oklahoma Kid
James Cagney
Western. *1939*

CARTOON NETWORK:
1.00am Fat Dog Mendoza 1.30 The Magic Roundabout 2.00 The Tidings 2.30 Tabaluga 3.00 The Fruitties 3.30 Blinky Bill 4.00 Fat Dog Mendoza 4.30-5.00am The Magic Roundabout

NICKELODEON
FAMILY PACK

7.00am The Three Friends... and Jerry 7.30 The Three Friends... and Jerry 8.00 Kenan and Kel 8.30 Kenan and Kel 9.00 Rugrats 9.30 Rugrats 10.00 Hey Arnold! 10.30 Hey Arnold! 11.00 CatDog 11.30 CatDog 12noon Angry Beavers 12.30pm Angry Beavers 1.00 Rocko's Modern Life 1.30 Rocko's Modern Life 2.00 Renford Rejects 2.30 Renford Rejects

3.00 The Secret World of Alex Mack
Fantasy series about a girl with strange powers.
3.30 The Secret World of Alex Mack
4.00 Sister Sister
Sitcom about twin sisters and their parents.
4.30 Sister Sister
Sitcom about twin sisters and their parents.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Cheers
Mr Otis Regrets
Sam succeeds in making Rebecca jealous.
8.30 Just Shoot Me
Nina in the Cantina
9.00 Frasier
Perspectives on Christmas
With Kelsey Grammer.
9.30 Frasier
Where Every Bloke Knows Your Name
10.00 FILM: Cousins
Ted Danson, Isabella Rossellini, Sean Young
Romantic comedy about a man and a woman, both married to other people. Gradually, the two find themselves drawn together during a series of family engagements as their partners' infidelity is revealed. *1989*
12midnight Tavare Time
12.30am Clive Anderson Talks Back 1.00 NewsRadio 1.30 Duckman 2.00 DiResta 2.30 Encore Encore!
3.00 It's Garry Shandling's Show 3.30-4.00am Abbott and Costello

FOX KIDS
FAMILY PACK

6.00am Oggy 6.10 Bad Dog 6.30 Bobby's World 6.55 Jim Button 7.15 Walter Melon 7.40 Inspector Gadget 8.00 Oggy 8.10 Biker Mice 8.30 Dennis and Gnasher 8.55 Sailor Moon 9.15 Sailor Moon 9.40 Digimon 10.00 Power Rangers Lost Galaxy 10.20 Monster Rancher 10.45 Masked Rider 11.05 X-Men 11.30 Spy Dogs 11.50 FILM: Land Before Time III *1995* 1.00pm Woody 1.10 Casper 1.30 Donkey Kong Country 1.55 Dennis and Gnasher 2.20 Life with Louie 2.40 Princess Sissi

3.00 Princess Starla and the Jewel Riders
3.20 Sailor Moon
Cult Japanese animation.
3.45 Mighty Morphin' Power Rangers
Live-action adventures.
4.05 Mighty Morphin' Power Rangers
4.30 Digimon
4.50 Masked Rider
More teenage superheroics.
5.15
Monster Rancher
5.35 Terrible Thunderlizards
5.45-7.00pm
FILM: The Land Before Time IV: The Journey Through the Mists
Animated adventure sequel. *1996*

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
Round-up of the best sellers.
7.00 Sports Shop!
7.30 Kitchen Shop!
Al fresco cooking including a barbecue feature, plus tips from chef Paul Brodel.
8.30 Technology Shop!
PCs and accessories.
9.30 Home Shop!
11.30 Shop! Outlet
12.30pm Shop! Selection
1.30 Home Shop!
2.30 Entertainment Shop!
3.30 Jewellery Shop!
4.30 Holiday Shop!
5.30 Shop! Selection
6.30 Sports Shop!
7.00-7.30pm Home Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* at 6.00am followed by children's shows. Saturdays: Children's programming plus a round-up of the week's news in *The Review*. Sundays: Highlights include a *Pokémon* triple bill and *The Sunday Programme with Alastair Stewart*.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 World News 10.00 News 10.30 Reporters 11.00 News 11.10 Dateline London 12noon News 12.30pm Talking Movies 1.00 News 2.30 USA Direct 3.00 News 3.30 Euro Brief 4.00 News 4.30 Straight Talk 5.00 News 7.30 Sportsday 8.00 News 10.30 Dateline London 11.00 News 11.30 Reporters 12midnight News 12.30am Simpson's World 1.00 News 2.30 Agenda 3.00 News 3.30 Dateline London 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am World News 5.30 CNNdotCOM 6.30 Business 7.30 Europe 8.30 Sport 9.30 World Beat 10.30 Sport 11.30 Hotspots 12.30pm Diplomatic License 1.00 World Report 2.30 Inside Africa 3.30 Sport 4.30 Showbiz 5.00 Late Edition 6.30 Business 7.30 Europe 8.30 Artclub 9.30 CNNdotCOM 10.30 Sport 11.00 WorldView 11.30 Style 12midnight WorldView 12.30am Science 1.00 WorldView 1.30 Asian 1.45 Asia 2.00 CNN & TIME 3.30 Artclub 4.30-5.00am Pinnacle

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Week in Review 10.00 Sunday with Adam Boulton 11.30 Book Show 12noon Sky News Today 1.30pm Fashion TV 2.00 Sky News Today 2.30 Showbiz Weekly 3.30 Technofile 4.30 Sunday with Adam Boulton 5.00 Live at Five 7.30 Sportsline 8.30 The Book Show 9.30 Showbiz Weekly 10.00 Sky News at Ten 12.30am CBS Evening News 1.30 Sunday with Adam Boulton 2.30 Fashion TV 3.30 Book Show 4.30 Week in Review 5.30-6.00am CBS Evening News

INTERNATIONAL

SAT1 5.25am So Gesehen 5.30 FILM 7.00 Weck Up 8.00 Die Wochenshow 9.00 Alf 9.30 Hausmeister Krause 10.00 Zwei Zum Verlieben 11.00 Baywatch Hawaii 12noon V.I.P. 1.00pm MacGyver 2.05 Air America 3.05 Clueless 3.35 Sabrina 4.05 Dawson's Creek 5.00 Blitz 5.45 Die Barilla Comedy-Küche 6.00 Nur die Liebe Zählt 7.15 FILM 9.50 Planetopia 10.40 News & Stories 11.30 So Gesehen 11.25-12midnight MacGyver

TV5 5.00am Journal Télévisé 5.15 Journal des Journaux 6.00 Infos 6.05 La Fête des Bébés 6.30 Les Zaps 7.00 Journal Télévisé 7.30 Les Zaps 8.00 Infos 8.05 Découverte CTQC 8.30 Les Carnets du Bourlingueur 9.00 Journal Télévisé 9.15 La Fête des Bébés 9.30 Va Savoir 10.00 Infos 10.05 Thalassa 11.00 Infos 11.05 Grands Gourmands 11.30 Journal Télévisé 12noon Infos 12.05pm Autour du Tour 1.00 Journal Télévisé 1.15 Le Faiseur/Théatre 3.00 Journal 3.15 Questions 3.30 Gros Plan 4.00 Union Libre 5.00 Journal 5.15 Vélo Club 6.00 Grands Gourmands 6.30 ARTE Info 7.00 Journal 7.30 Journal et Le Journal du Temps 8.00 Infos 8.05 Montagne 9.00 Journal 9.15 Le Malingot 11.00 Le Journal du Tour 11.30-12midnight Journal

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Sant Darshan 8.30 Swami 9.30 In Search of Peace 10.00 Holy Quran 10.30 Jai Veer Hanuman 11.30 Interactive Health Show 12.30pm Pakistan This Week 1.00 Khiladi 1.30 FILM 4.00 MTV 4.45 MTV Hitlist 5.45 Sahil Se Dur 6.30 Aur Aap 7.00 Close Up Encounters 7.30 MTV 8.00 Wilaytee Babu 8.30 FILM 11.30 Toofan TV 12midnight MTV 12.30am Aur Aap 1.00 FILM 4.00 Wilaytee Babu 4.30 Sahil Se Dur 5.30 Geet Baney Sangeet 6.00 Khiladi 6.30 DD Programme 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Kya Scene Hai 6.30 Shabads 6.45 Holy Quran 7.00 Faith: Sikhism 7.30 News 8.00 Karobari Duniya 8.30 Best of India 9.00 Ru Ba Ru 9.30 Out and About 10.00 Mahabharat 11.00 Bodymatters 11.30 Zee in Europe 12noon FILM 3.00pm Sa Re Ga Ma Classic 4.00 Zee and You 4.30 Rasm E Ashnai 5.30 Super 7 Muqabla 6.00 A Day Out with a Star 6.30 Yeh Hain Mere Apne 7.00 Pride Antakshari 7.30 Basera 8.00 News 8.30 FILM 11.30 Agni Chakra 12midnight News 12.30am FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Mama Miya 5.30-6.00am Sa Re Ga Na

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV Ballads 5.30 Life is for Living 6.00 Life in the Word 6.30 A Voice to the Nations 7.00 Changing Your World 7.30 CMTV 8.00 In Touch 9.00 Life is for Living 9.30 A Word from God 10.00 Best of the Dream 10.30-11.00am Origins

BLOOMBERG
WORLD PACK

2.00am Market Movers 3.15 European Weekly Review 4.30 Market Movers 5.15 Bloomberg Money 5.54-6.00am Bloomberg Help Desk

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 11.00 Straight Talk 11.30 European Focus 12noon America This Week 3.00pm Holyrood 3.30-12midnight House of Lords

THE HISTORY CHANNEL
WORLD PACK

12noon The Korean War
Triumph to Tragedy
1.00pm Biography
Rock Hudson
2.00 Century
Utopia
3.00 The Rosetta Stone
4.00 Warhorse
A Beast for Heroes
5.00 Line of Fire
Arnhem 1944
6.00 The Viking Saga
The Eastward Trail
7.00 Secrets of the Hope Diamond
A look at the myths, legends and facts surrounding the most notorious and valuable gem in the world, which is reputed to be cursed.
8.00-10.00pm Judy Garland
An investigation into the career and personal life of the Hollywood star. Includes interviews with some of her closest friends and relatives.

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlights are DIY with Harry Greene at 10.00am and Alexandra Elliott Fashion Jewellery at 6.00pm.

RETAIL PRICE £575.
ON YOUR WRIST £135.
IN YOUR POCKET £440.

The Klaus Kobec Couture Sport. A high fashion timepiece designed for the cosmopolitan man or woman and sports professional alike, is now available direct from the manufacturer at the astonishingly low price of £135 – a saving of £440 on the retail price of £575. So how can we make an offer like this? The answer is beautifully simple. We have no middleman to pay. No retail overheads to pay. And not the usual mark-up to make, which on luxury items (including watches) can be enormous. We just make beautiful watches, beautifully simple to buy.

LADIES RETAIL PRICE £495 DIRECT PRICE £99. GENTS RETAIL PRICE £575 DIRECT PRICE £135. FEATURES INCLUDE: STAINLESS STEEL CASE AND BRACELET. STAINLESS STEEL BUTTERFLY CLASP TO THE BRACELET. CHRONOGRAPH FEATURING HOURS, MINUTES AND SECONDS DIALS. CALENDAR. WATER RESISTANT TO 3ATMS. SUPPLIED TO YOU IN A MAGNIFICENT PRESENTATION CASE.

Credit Card Hotline 020 8343 7878, Seven days a week. Please quote code KSC/CG2/23/6

14 DAY MONEY BACK GUARANTEE

Please rush me (state quantity)

☐ Gents Klaus Kobec Couture Sport @ £135 each.

☐ Ladies Klaus Kobec Couture Sport @ £99 each.

My cheque made payable to Direct Mail Services Limited is enclosed for £ ..... Add £4.95 For Postage and Packaging.

OR Debit my credit card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

For £ ..... Expiry date ..... Switch Issue No. .....

Name ..... Telephone .....

Address .....

..... Postcode KSC/CG2/23/6

Direct Mail Services Limited, 930 High Road, Finchley, London N12 9RT. Fax: 020 8343 9209 e.mail: sales@zeitner.com

Monday 24 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Narrow Escape
1997, rating Sky U, 90 mins
7.35 The Scarlet Tunic
1997, rating Sky PG, 88 mins
9.10 Mr Mum
1983, rating Sky PG, 87 mins
10.45 The Adventures of Slappy the Sea Lion
Family adventure. **Text** *1998, rating Sky PG, DS, 75 mins*
12.05pm Superman
1978, rating Sky PG, DS, 137 mins
2.30 Mr Mum
Michael Keaton, Teri Garr
When a husband loses his job at a car factory he finds himself struggling to handle the domestic chores, his three children and the neighbourhood gossips while his wife goes out to work. *1983, rating Sky PG, 87 mins*
4.15 The Adventures of Slappy the Sea Lion
BD Wong, Bronson Pinchot
Family adventure in which five seven-year-olds see a captive sea lion and decide they must set him free. **Text** *1998, rating Sky PG, DS, 75 mins*
5.35 Superman
Christopher Reeve, Margot Kidder, Gene Hackman
Big-budget, big-screen adaptation of the eternally popular comic strip. Superman's mild-mannered alter ego works at the *Daily Planet* newspaper. Away from his journalistic duties, he faces the world's greatest criminal mind, who has made plans to steal a nuclear missile and take over the world. *1978, rating Sky PG, DS, 137 mins*
8.00 Ronin
Robert De Niro, Jean Reno, Natascha McElhone, Sean Bean
Action thriller. A team of international special agents is hired to carry out a mysterious and dangerous mission that will endanger all their lives. They must steal a heavily guarded briefcase and its unknown, top-secret contents. *1998, rating Sky 15, 116 mins*
10.00 Face/Off
John Travolta, Nicolas Cage, Joan Allen, Gina Gershon
Action thriller. A member of a secret FBI team captures a super-terrorist and has his face grafted onto his head, enabling him to work undercover as the terrorist. Then the real terrorist escapes taking his captor's identity. **Text Last Play** *1997, rating Sky 18, DS, 133 mins*
12.20am The Postman
Kevin Costner, Will Patton
Text *1997, rating Sky 15, 170 mins*
3.15 The Brylcreem Boys
Bill Campbell, William McNamara
Moving World War II drama. *1996, rating Sky 15, 102 mins*
5.00-5.30am Femmes Fatales: Bridget Fonda

SKY MOVIEMAX
PREMIUM CHANNEL

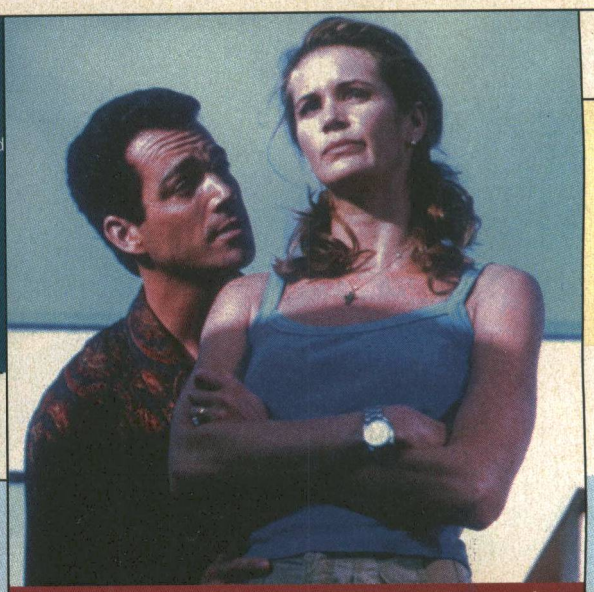
6.00am The Big Game
1995, rating Sky PG, 99 mins
8.00 Danielle Steel's Fine Things
1995, rating Sky PG, 137 mins
10.25 Hearts on Fire
1992, rating Sky PG, 89 mins
12noon Sword of the Valiant
Miles O'Keeffe, Sean Connery
Fantasy adventure. *1982, rating Sky PG, DS, 97 mins*
1.45pm Danielle Steel's Fine Things
DW Moffett, Tracy Pollan, Cloris Leachman, Noley Thornton
Heart-wrenching drama. A man thinks all his dreams have come true when he meets and marries a beautiful divorcee. Their life is filled with joy until a blast from the past threatens to wreck their happiness. *1995, rating Sky PG, 137 mins*
4.15 Hearts on Fire
Lesley Ann Warren, Tom Skerritt
Romantic drama. A passionate love affair begins when a man hires a vivacious and beautiful carer to look after his multiple sclerosis-stricken wife. His teenage daughter embarks on a course of drastic action. *1992, rating Sky PG, 89 mins*
6.00 Treacherous Crossing
Lindsay Wagner, Grant Show, Angie Dickinson, Karen Medak
A honeymoon cruise takes a sinister turn when a newlywed husband disappears shortly after the ship sets sail. As the plot thickens, passengers begin to wonder whether or not his wife is a murderess. *1992, rating Sky PG, 84 mins*
8.00 With Friends Like These
Beverly D'Angelo, Robert Costanzo, Elle Macpherson
PREMIERE Comedy. Friendships become strained when four bit-part actors all compete against each other for parts in a new film that is going to be directed by Martin Scorsese. *1999, rating Sky 15, DS, 101 mins*
10.00 The President's Man
Chuck Norris, Dylan Neal
Action thriller. A top-secret operative is charged with the most dangerous missions. But the ageing action man decides to train a new man for the job. *1999, rating Sky 18, 87 mins*
11.35 The Substitute 2: School's Out
Treat Williams, BD Wong
Revenge thriller. **Text** *1998, rating Sky 18, DS, 86 mins*
1.05am Senseless
Text *1998, rating Sky 15, 89 mins*
2.40 Whispers in the Dark
1992, rating Sky 18, DS, 98 mins
4.25-6.10am Treacherous Crossing
1992, rating Sky PG, 84 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm Written on the Wind
Rock Hudson, Lauren Bacall, Robert Stack, Robert Keith
Drama. The story of a rich Texas family's secret and the stark moment which thrusts their private lives into public view. A millionaire and his sex-mad sister gradually destroy their lives. *1956, rating Sky PG, 95 mins*
5.55 Chariots of Fire
Ben Cross, Ian Charleson, Nigel Havers, Alice Krige, John Gielgud
Oscar-winning, true-life sporting drama. The story follows the fortunes of two very different male athletes as they work their way from humble beginnings to the most testing and memorable moment of their sporting careers – they are both destined to run in the 1924 Olympics. **Text** *1981, rating Sky U, 118 mins*
8.00 Hard Contract
James Coburn, Lee Remick, Lilli Palmer, Burgess Meredith
Thriller. A cold-hearted American hit man goes to Europe, engaged on one final hit contract. His encounter with a beautiful young woman casts doubt on his whole way of life, and influences him to resist carrying out the deadly contract *1969, rating Sky 15, 101 mins*
10.00 Henry and June
Fred Ward, Maria De Medeiros, Uma Thurman, Richard E Grant
Erotic drama. Paris in the 1930s was the setting for the real-life literary love affair between diarist Anäis Nin and penniless author Henry Miller. Their complex, sensual relationship was complicated by their mutual attraction to Miller's wife. *1990, rating Sky 18, DS, 131 mins*
12.15am Iron Maze
Bridget Fonda, Hiroaki Murakami
Japanese-American mystery. *1991, rating Sky 15, 97 mins*
2.00 Hard Contract
James Coburn, Lee Remick
1969, rating Sky 15, 101 mins
3.50-6.00am Chariots of Fire
Text *1981, rating Sky U, 118 mins*



Jon Tenney and Elle Macpherson star in the premiere of 'With Friends Like These'. Sky MovieMax 8.00pm

FILMFOUR
ADD-ON CHANNEL

6.00pm The Young Ones
Cliff Richard, Robert Morley, Carole Grey, Mervyn Hayes
Musical. A young lad has his heart set on a pop career but finds that his local youth club is threatened by his property-developing Dad. The aspiring singer attempts to raise the money required to save the club himself – by recording a song. **Text** *1961, 104 mins*
8.00 Beautiful Girls
Timothy Hutton, Matt Dillon, Michael Rapaport
A young man, facing marriage with trepidation, returns to his home town for a reunion with his schoolmates. Then he meets a girl, who's beautiful, sassy, intelligent – and just 13. But it is through her friendship that he finally learns to come to terms with life. *1996, 107 mins*
10.00 Freeway
Reece Witherspoon, Kiefer Sutherland, Dan Hedaya
Drama. A girl escapes her abusive stepdad to get to her Grandma's, trying to stay one step ahead of the welfare officers as she takes a lift with a psychologist. *1996, 98 mins*
11.45 Take Care of Your Scarf, Tatjana
Road movie. *1994, 59 mins*
12.50am I Was Catherine the Great's Stable Boy
1.00 Topless Women Talk About Their Lives
Drama. **Text** *1997, 87 mins*
2.30 Maîtresse
French drama. *1976, 108 mins*
4.15-7.00am Voyage to the Bottom of the Sea
Sci-fi. **Text** *1961, 101 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm The Bells of St Mary's
Bing Crosby, Ingrid Bergman, Henry Travers, Joan Carroll
Drama. When a Roman Catholic Priest is put in charge of St Mary's, a poor Catholic school, he clashes with the Mother Superior over how the school should be run, although both of them, despite their differences, want to keep the school running properly. *1945, 126 mins*
9.15 Custer of the West
Robert Shaw, Mary Ure, Jeffrey Hunter, Ty Hardin
Big-screen biography of the American Civil War general George Armstrong Custer of the Seventh Cavalry, a maverick who met his end at Little Big Horn. After successes in the Civil War, he became noted as much for his bombastic cruelty against the native Americans as his heroism in battle. *1968, 140 mins*
11.45 Zardoz
Sean Connery, Charlotte Rampling, Sara Kestelman
Sci-fi drama. *1973, 105 mins*
1.30am Double Trouble
David Paul, Peter Paul
Action. *1991, 87 mins*
3.00 The Looking Glass War
Christopher Jones, Pia Degermark
Spy thriller. *1969, 107 mins*
5.00-7.00am Underworld USA
Crime drama. *1961, 98 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

THE BIG HIT
Rating 18, 88 mins
Dark comedy. A group of hitmen take on what they think will be an easy kidnap job – only to find that the target is their boss' godson. Stars Mark Wahlberg and Lou Diamond Phillips.
T/C: Action kidnapping.
BL: Frequent, coarse.
S/N: Infrequent, mild.
V: Frequent, strong.
6.40pm, 8.30pm, 10.20pm, 12.10am, 2.00am, 3.50am

Channel 53

PARTING SHOTS
Rating 12, 95 mins
Comedy. A once-fashionable photographer learns he is dying and decides to take revenge on the people who betrayed him. But first, he needs to get a gun. Stars Chris Rea and John Cleese.
T/C: Black comedy, revenge. BL: Infrequent, mild.
S/N: Infrequent, mild.
V: Some moderate.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

Monday 24 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon 10.00 Pokémon 10.30 The Simpsons 11.00 World Wrestling Federation – Smackdown 1.00pm Dream Team Text 2.00 Mega Babies 2.30 Godzilla

3.00 Mummies Alive
New Mummy in Town
Kimas may be hiding a secret.
3.30 Pokémon
The March of the Exeggcutor Squad
4.00 Pokémon
Ash Catches a Pokémon
Ash encounters a wild pokémon.
4.30 Pokémon
Attack of the Prehistoric Pokémon
5.00 Star Trek
Science fiction adventures.
6.00 Hercules: The Legendary Journeys
Fantasy adventures starring Kevin Sorbo as the hero.
7.00 The Simpsons
D'oh in the Wind
Homer embraces his newly discovered hippie heritage. Text
7.30 The Simpsons
Homer to the Max Text
8.00 Star Trek: Voyager
Collective
Chakotay, Kim, Paris and Neelix are taken hostage when the Delta Flyer is captured by a Borg Cube.
9.00 When Good Pets Go Bad 2
More outrageous footage of family pets behaving badly. Text
10.00 Red Light Girls
In Melbourne, Genevieve tries to juggle her shifts at the brothel with going back to college and in Manchester Tracey makes an appearance on *Kilroy*. Text
11.00 Coppers
Wimbledon Burglar
Fly-on-the-wall documentary.
11.30 Coppers
Hillsborough
Police documentary.
12midnight Star Trek
1.00am New York Undercover
Outrage
A bitter Gulf War army veteran decides to teach the government a harmful lesson. Text
2.00-6.00am Long Play
It's a VJ-free music zone throughout the night with a selection of sounds catering to every taste.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am The Good Life 6.40 Yes, Prime Minister Text 7.15 Goodnight Sweetheart 7.50 Only Fools and Horses Text 8.25 EastEnders 9.00 The Bill Text 9.30 The Bill Text 10.00 Bergerac 11.00 Knots Landing 11.55 Neighbours 12.25pm EastEnders Text 1.00 Dangerfield 2.00 Knots Landing

3.00 The Bill
Powers of Persuasion
Rawton and Boulton argue. Text
3.30 The Bill
A Rock and a Hard Place
The cops hunt for a robber. Text
4.00 EastEnders
Geoff lends a sympathetic ear to a burdened Pat. Text
4.35 Neighbours
Annalise has to choose between a job and a man.
5.00 'Allo 'Allo!
The Resistance plots to smuggle Rene to England. Text
5.40 Bread
Mr Boswell is arrested, and Grandad is picked up wandering the streets. Text
6.20 The Brittas Empire
Pregnant
Brittas insists on compulsory urine drug tests for all his staff at Whitbury Leisure Centre.
7.00 Just Good Friends
John Sullivan's bittersweet sitcom. Penny gets a divorce and a proposal on the same day.
7.40 Birds of a Feather
Three's Company
Sharon looks to science in her quest for pregnancy. Text
8.20 Kiss Me Kate
Dad
Kate's dad comes to visit. With Caroline Quentin. Text
9.00 The Vicar of Dibley
The Christmas 1996 episode of the clerical sitcom starring Dawn French, Gary Waldhorn, James Fleet and Emma Chambers.
9.55 Real Women
Susie and Jo have reached breaking point, Mandy finds herself faced with a prospect of real romance, while Karen and Anna are drawn together as they both confront shattering losses.
11.05 Birds of a Feather
Seasonal special from 1997 of the sitcom about two sisters from Essex. Stars Pauline Quirke, Lesley Joseph and Linda Robson. Text
12.05am The Bill
Powers of Persuasion Text
12.40 The Bill Text
1.10 Casualty
2.15 EastEnders Text
2.55 Real Women
4.00 Whatever Happened to the Likely Lads?
4.40 Dynasty
5.30-6.00am Angels

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 Plastic Fantastic 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich

3.20 Relationship SOS
Programme giving advice to people who need to revamp their relationships.
3.50 Forgive or Forget
Host Mother Love deals with real-life problems in a variety of different relationships.
4.40 Oh Baby
Sitcom about a successful woman who has had a baby by artificial insemination.
5.05 Streetmate
Davina McCall scours the country for more single people.
5.35 Ready, Steady, Cook
Cookery show in which two top chefs compete against the clock.
6.10 The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in lively debate.
7.00 Judge Judy
Judy Sheindlin presides over a series of real-life cases.
7.30 Will and Grace
American sitcom about two mismatched roommates.
8.00 Charmed
Drama series about three sisters who move into a house left to them by their grandmother – only to find they have inherited her powers of witchcraft as well.
9.00 FILM: The Return of Alex Kelly
Matthew Settle, Cassidy Rae, Barry Flatman, Wanda Cannon
Drama, subtitled *Crime in Connecticut*, which is based on real-life events, telling the story of an 18-year-old high school student who is accused of raping a classmate. *1999*
10.50 Secret Suburbia
A look at some seemingly ordinary suburban residents and their extraordinary lives.
11.20-12midnight Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Shopping across the UK 6.30 The Odd Couple 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 Home to Roost 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

3.00 Boon
The Fall and Rise of the Bowman Empire
Ken is hired to keep an ex-con out of trouble. With Michael Elphick and Neil Morrissey.
4.00 Kojak
A Souvenir from Atlantic City
A police informant who believed he was a marked man suddenly disappears, and Kojak has to uncover his whereabouts.
5.00 Hart to Hart
Downhill to Death
The gleaming white ski slopes of Colorado are the setting for a bizarre murder plot – including a scheme against the Harts.
6.00 Emmerdale
Jack is put on the spot when Sarah extends an invitation. Text
6.30 Classic Coronation Street
Sam's dog catches the rat. Text
7.00 Sorry!
Mothers and Brothers
Comedy with Ronnie Corbett.
7.30 Robin's Nest
The Seven Pound Fiddle
A sum of money goes missing.
8.00 Boon
One Reborn Every Minute
Boon is hired by an evangelist to find out who is sabotaging the man's show and ruining his chances of getting a TV contract.
9.00 Kojak
I Could Kill My Wife's Lawyer
One of Kojak's detectives, faces the toughest case of his career. Stars Telly Savalas.
10.00-11.00pm Taggart
Death Benefits – Part III

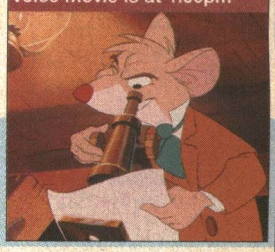
GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Big Bang
Spectacular motoring stunts, crashes and amazing escapes.
11.30 Madder Maxx
NEW SERIES Motoring series that focuses on the bizarre.
12midnight 2 Wheels
Wayne Kershaw looks at safety helmets, Jeff Stone advises on how to tune an engine and bikers talk about annoying motoring habits.
12.30am Motor Week
Motoring magazine series.
1.00 Motorsport Mundial
1.30-2.00am Crash and Burn

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

4.30am Winnie the Pooh 4.45 Music Time 4.50 Rolie Polie Olie 5.00 Bear in the Big Blue House 5.25 Art Play 5.30 PB and J Otter 5.45 Bite Size 6.00 Toons 6.05 Circle Time 6.10 Rolie Polie Olie 6.20 Spot 6.30 Out of the Box 7.00 Mickey Mouseworks 7.30 101 Dalmatians 8.00-1.00pm Your Choice Your Voice 1.00 FILM: Your Choice Your Voice Movie: Honey, I Shrunk the Kids or Basil the Great Mouse Detective 2.30-7.00 Your Choice Your Voice

Today's Your Choice Your Voice movie is at 1.00pm



7.00 FILM: Tron
Jeff Bridges, Bruce Boxleitner, David Warner
A computer genius finds himself trapped in a video game, where he is forced to fight for his life against a mighty electronic warrior if he is to prove that his ideas have been stolen by a computer conglomerate. *1982* Text
8.35 Honey, I Shrunk the Kids: The TV Show
Honey, it Takes Two to Mambo
More science fun. Text
9.15 Flipper
Live action marine adventure in Florida with TV's most famous and fabulous dolphin. Text
10.00 Home Improvement
Comedy double bill. Text
11.00 Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

MONDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

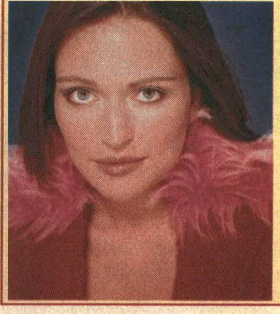
CABLE CHOICE

FILM
Custer of the West
Carlton Cinema 9.15pm
Robert Shaw rises above his miscasting to deliver a forceful portrayal of General Custer in Robert Siodmak's movie (lensed in Spain and once intended for Japanese director Akira Kurosawa) that doesn't know whether it's a serious biopic or a rollicking adventure.

GENERAL
Private Lives of Little People
UK Horizons 9.35pm
The premiere of a documentary about Hollei Morrison, a 12-year-old born with a common form of dwarfism. Undaunted by being labelled one of the 'little people', she wants to become a ballroom dancer. This film follows her in the final months of her bid to pass an exam.

ADVERTISEMENT

UK STYLE



A LA MODE
8.30PM
Following the huge success of the first series, UK Style is delighted to present a second outing for this indispensable guide to fashion, style and inner and outer beauty presented by actress and columnist Shebah Ronay.

Monday 24 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Car Racing
8.30 Football
10.00 Football – LIVE
11.45 Motorcycling
1.15pm Touring Car
2.00 Athletics
Coverage of day eight of the US Olympic Team Trials in Sacramento. Double world 100 metre hurdles champion Gail Devers is expected to get her fourth place in an Olympic team. The men's 200 metres should pit world record holder and defending Olympic champion Michael Johnson against the 1999 world champion Maurice Greene.

3.00 PM

4.00 PM

4.00 Motorcycling
Two-wheeled action from the third round of the Endurance World Championship series, held in Spa, Belgium.

5.00 PM

5.00 Football
Coverage of the European Under-18 championship, staged in Germany.

6.00 PM

6.30 Truck Sports
Sixth round action from the 2000 FIA European Truck Racing Cup in Nürburgring.

7.00 PM

7.00 Truck Sports
High octane action from the second round of the 2000 Europa Truck Trial, held in Roppen, Austria.

8.00 PM

8.00 Athletics
Highlights from day eight of the US Olympic Team Trials 2000 in Sacramento.

9.00 PM

9.00 Rally
Action from the eighth round of the 2000 FIA World Rally Championship in New Zealand, which covers 390 kilometres.

10.00 PM

10.00 NASCAR
Action from the Pennsylvania 500 – the 19th round of the Winston Cup Series – staged at the the Pocono Raceway, USA.

11.00 PM

11.00 Kiteboarding
Coverage of the Kiteboarding Pro Jam 2000 in Helgoland, Germany.

12.00 NIGHT TIME

12midnight-12.30am Trial
Trial bike action from the World Championships in Pila, Italy.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Gillette World Sport Special 7.30 WWF – Classics 8.30 Racing News 9.00 Aerobics Oz Style 9.30 European Drag Racing: Season Preview 10.00 Super League 12noon Aerobics Oz Style 12.30pm Extreme Sailing 1.00 Triathlon: Escape from Alcatraz Triathlon 2.00 Ford Golf USA: US Women's Open 2000
Action from the final day's play in this year's US Women's Open, which is being held at the Merit Club in Libertyville, Illinois. Defending champion Juli Inskter hopes to be in contention after winning last year's competition by five strokes but expects a strong challenge from former winners Laura Davies and Alison Nicholas.

5.00 World Wrestling Federation – Classics
A chance to relive rough and tumble action from the World Wrestling Federation's archives.

6.00 Sky Sports Centre
Sports news round-up.
6.30 The Winning Post: Windsor/ Beverley – LIVE
The *Winning Post* team present three hours of horse racing action from the evening's meetings at Windsor and Beverley.

9.00 European Beach Soccer
World class teams play football on exotic beaches for the coveted places in the World Championship.

10.00 Sky Sports Centre
The latest sports news.
10.15 World Football Show
10.45 World Tenpin Masters
Bowling alley antics from the World Tenpin Masters.
11.45 Sky Sports Centre
Sports round-up show.

12midnight European Beach Soccer 1.00am World Football Show 1.30 World Cup Football: Official FIFA Film – 1954 World Cup 3.15 Sports Classics: Chelsea v Manchester United 3.30 Wheelbase Club 4.30-4.45am Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style 7.30 Racing News 8.00 Triathlon: Escape from Alcatraz Triathlon 9.00 Table Tennis: Japan Open 10.00 Australian Rules Football 12noon European Drag Racing: Season Preview 12.30pm Triathlete Magazine Show 1.00 Darts: World Matchplay 2000 – LIVE
Sid Waddell, Dave Lanning and John Gwynne present the coverage of the opening session of the six-day long World Matchplay 2000 championship. Thirty-two of the best darts players on the planet will battle it out at Blackpool's Winter Gardens in a bid to overthrow defending champion Rod Harrington.

5.00 World Tenpin Masters
Bowling alley antics from the World Tenpin Masters, staged at Middleton Hall, Milton Keynes.

6.00 Horsepower
The latest horse racing and equestrian action.
6.30 World Football Show
Football round up show.

7.00 Darts: World Matchplay 2000 – LIVE
Further coverage of the World Matchplay 2000 championship at the Winter Gardens, in Blackpool. Defending champion Rod Harrington faces stiff competition from his old rivals: Peter Manley – a former world number one, Shayne Burgess and, of course, reigning world champion, Phil Taylor.

11.00 Wheelbase Club
Tricks of the trade are revealed by motor racing stars such as Formula 1 driver Jenson Button.

12midnight Telegraph Action Sport 12.30am Total Sport 1.00 Horsepower 1.30 International Bowls: Australia v Scotland Doubles 3.30-3.45am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon Australian Rugby League 1.30pm Table Tennis: Japan Open
Action from Kobe.
2.30 Powerboating: World Offshore Powerboats – Germany
Action from the German leg of the Class One World Offshore Powerboating Championship.

3.00 World Cup Football: Official FIFA Film – 1954 World Cup
Take a trip down footballing memory lane with the official FIFA film of the 1954 World Cup.
4.45 Sports Classics: Chelsea v Man United
Action from a memorable top-flight clash.

5.00 Max Power
A weekly dose of motor sport action from around the world, including touring cars, road racing and off road events.

6.00 Wheelbase Club
A show that reveals the tricks of the motorsport trade with the help of the stars such as Formula 1 driver Jenson Button.

7.00 Telegraph Action Sport
A venture into the world of action sports.
7.30 Total Sport
Extreme sporting action.

8.00 International Bowls: Australia v Scotland – Doubles
The latest action from the international bowls circuit continues from Australia as the home nation take on Scotland in the doubles phase of the competition.

10.00 Shell's Wonderful World of Golf: Haynie v Mann v Whitworth
Classic ladies' golfing action from 1969.

11.00-11.30pm Cue Masters: Higgins v Bond
Memorable matchplay from the 1996 British Open tournament.

SCI-FI
ACTION PACK

8.00am Battlestar Galactica 9.00 Land of the Giants 10.00 Swamp Thing 10.30 Swamp Thing 11.00 The Six Million Dollar Man 12noon Babylon 5 1.00pm Amazing Stories 1.30 Amazing Stories
No Day at the Beach
2.00 Battlestar Galactica
Take the Celestra

3.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs and some near-death experiences.

4.00 Land of the Giants
Seven Little Indians
Four of the travellers are captured and the others help them escape.

5.00 Swamp Thing
Future Tense
An environmentalist abducts a Congressman.
5.30 Swamp Thing
A Most Bitter Pill

6.00 The Six Million Dollar Man
The ESP Spy
Steve Austin and a teenager with ESP powers track down a security leak.

7.00 Amazing Stories
The Sitter
A babysitter uses voodoo to tame a pair of boys.
7.30 Amazing Stories
No Day at the Beach

8.00 The Crow: Stairway to Heaven
Dead to Right
Albrecht tries to save his boss who's the target of a deranged murderer.

9.00 First Wave
Night Falls
The aliens use a human collaborator to try and locate the lost book of Nostradamus' quatrains.

10.00 FILM: The Running Man
Arnold Schwarzenegger, Maria Conchita Alonso
An innocent man is sentenced to participate in *The Running Man* game show, a capital punishment TV show in which convicts bid for their freedom against trained athlete assassins. *1987*
12midnight Lexx
Fire and Water
1.00am FILM: Committed
Jennifer O'Neill, Robert Forster, Ron Palillo
A nurse unwittingly admits herself into an asylum. *1988*
2.45 Sci-Focus Special 3.00-4.00am Babylon 5

MTV
MUSIC & GAMES PACK

6.00am Select MTV
With Kelly Brook.
9.00 Bytesize MTV
Bizarre moments from different MTVs around the world, in short soundbites.
12noon MTV Hits
The nation's biggest hits.
12.30pm Weekend Edition
The news from the weekend.
1.00 MTV Hits 2.00 European Top 20

3.00 Bytesize MTV
A collection of highlights from MTV stations around the world in the form of short soundbites.

4.00 Select MTV
Viewers get the chance to turn their TV sets into jukeboxes and choose their favourite videos.

6.00 Bytesize MTV
A collection of highlights from MTV stations around the world in the form of short soundbites.

7.00 MTV Hits
A number of exclusives providing viewers with the latest offerings from their favourite stars.

8.00 Hit List UK
Cat Deeley presents an up-to-the-minute rundown of the movers, the new entries and the latest number one.

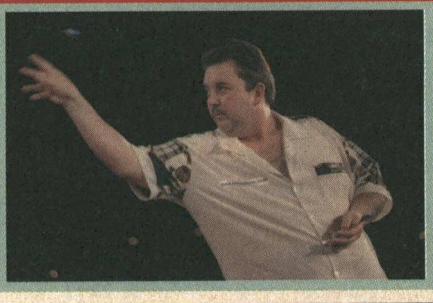
9.00 Daily Edition
The latest celebrity news and showbiz.
9.30 Celebrity Death Match
Another fantasy fight.

10.00 The Tom Green Show
The comic returns with his anarchic sense of humour.
10.30 Loveline USA
Late night advice.

11.00 brand:new Live
Zane Lowe takes a look at some of the newest music around and chats to the some of the hottest young acts of the moment.
12midnight Superock
The newest releases from the world of rock and metal.
1.00-6.00am Night Videos
A selection of music videos, charts and features to take you through the night.

LIVE DARTS: WORLD MATCHPLAY 2000
SKY SPORTS 2 1.00PM, 7.00PM

The six-day World Matchplay 2000 darts championship at Blackpool's Winter Gardens is one sporting event in which England is likely to rule this summer. The tournament features the top 32 players in the world – nine of the top 10 players are English – battling it out for a share of the £83,000 prize fund. Rod Harrington – who retained the title last year – will count world number one Phil 'The Power' Taylor (pictured) and Peter 'One Dart' Manley among his main rivals at the oche.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Girls of the Radio 11.15 Intimate Sessions 12midnight Freeview 12.12am Adult Feature 12.20 Twins Behaving Badly 12.50 FILM: Russian Roulette 2.15 Girls About Town 2.30 FILM: The Star 3.50-4.00am Strip

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight Ten Minute Preview 12.10am Double Agent 12.40 Adult Feature 1.00am Five Minute Freeview 1.05 FILM Continues 1.55 Surrey Trip 2.20 FILM: Midnight Woman 3.30-4.00am Micha

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Monday 24 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon
Behind the Music: Meatloaf
1.00pm Greatest Hits: Human League
1.30 Pop-Up Video
Top trivia from the irreverent pop-up-video collection.
2.00 Jukebox 80s Special
Pop favourites chosen by VH1 viewers calling in.

4.00 The Millennium Classic Years: 1988
A look back at the best music and the news headlines of this year.

5.00 Ten of the Best: Pepsi and Shirlie
The 1980s duo and former Wham! backing singers pick their ten favourite videos of all time.

6.00 Video Timeline: Elton John
The history of the artist through the years.
6.30 Greatest Hits: Human League
7.00 Top Ten
A rundown of the week's top-selling hits.

8.00 The Millennium Classic Years: 1989
A look back at the year that Salman Rushdie's *Satanic Verses* were declared blasphemous.
9.00 The VH1 Album Chart Show
Paul King presents news on the biggest and best selling albums of the week in the entire UK.
10.00 Behind the Music: 1984
A look back at the year that changed the face of pop with the emergence of the music video.
11.00 Talk Music
The latest music news.
11.30 Greatest Hits: Human League
The biggest hits ever from Phil Oakey and the band.
12midnight Ed Sullivan's Rock'n'Roll Classics
12.30am Video Timeline: Madonna
The Material Girl's career.
1.00 Hey, Watch This!
2.00 VH1 Country
2.30 Soul Vibration
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Homosassa, Florida
1.00 Harry's Practice
Dr Harry Cooper visits a cat who hates being groomed.
1.30 Harry's Practice
Dr Katrina Warren gives advice on choosing a horse.
2.00 Pet Rescue
2.30 Kratt's Creatures

3.00 Good Dog U
Joel Silverman puts dogs through their paces with more obedience skills.
3.30 Good Dog U
With Joel Silverman.

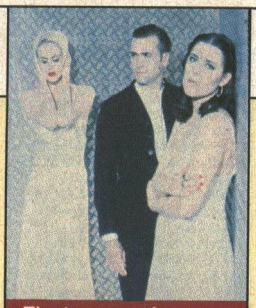
4.00 Animal Planet Unleashed
The Junior Explorers look for slugs and snails.
4.30 Croc Files
The Australian lizards.

5.00 Pet Rescue
Follow the fortunes of abandoned animals.
5.30 Going Wild with Jeff Corwin
Snake River, Idaho

6.00 The Aquanauts
Diving with whale sharks near Mozambique.
6.30 Croc Files
Steve and Terri Irwin catch a male perentie goanna.
7.00 Champions of the Wild
Polar Bears with Dan Guravich
7.30 Champions of the Wild

8.00 Wild Rescues
Tales of people saving animals and vice-versa.
8.30 Wild Rescues
The relationship between animals and people.
9.00 Crocodile Hunter
Wild River of Africa
Steve Irwin studies the Nile crocodiles, known as flatdogs in Africa.
10.00 The Big Animal Show
Reptiles
10.30 The Big Animal Show
Scavengers
11.00 Emergency Vets
The vets treat a beagle puppy hit by a car.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area



Electro-pop pioneers: 'Greatest Hits: Human League'. VH1 1.00pm, 6.30pm, 11.30pm

ITV2
ACCESS PACK

4.00pm Trisha
Another double bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text

6.00 International Motor Racing
More fast-paced action from the exciting world of motor sport.
6.30 Touch Football
7.00 Amazing Games
A range of exciting and offbeat sports.
7.30 Karate World Series
High-kicking action.
8.00 Sunset Beach
Olivia is questioned over her whereabouts on the night of Del's murder.
8.50 Chart Choice
Top music videos.
9.00 Grafters
Simon refuses to forgive Becky and Richard joins forces with Nick to try to put the brothers out of business. Text
10.00 Coronation Street
Catch up with events in Weatherfield. Text
10.30 Nuts and Bolts
Darren is offered support.
11.00 The Jerry Springer Show
Outrageous US talk show.
11.50 The Late Show with David Letterman
Top-rated chat show with celebrity guests.
12.40am Freaky Stories
More spooky tales.
12.50 Touch Football
1.20-1.50am Amazing Games

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Changing Rooms: New Zealand 9.30 Real Rooms 10.00 Change That 10.30 A Room with a Clue 11.00 Fantasy Rooms 11.30 Repair to Remember 12noon Good Living 12.30pm Style Challenge 1.00 Wine World 1.30 Ready, Steady, Cook 2.00 Front Gardens 2.30 BBC Gardener of the Year
3.00 Garden Stories
Explore the British passion for gardening.
3.30 Ground Force
A slice of north Africa in north London.
4.00 Stefan's Garden Roadshow
Help and advice on gardening dilemmas.
4.30 Good Living
Lifestyle series.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms: New Zealand
House makeover show.
6.00 The Antiques Inspectors
The crew reports from Swansea and discovers a bardic chair and checks out the local pottery.
7.00 Real Rooms
Plymouth Study
7.30 Change That
Mark Curry takes the interior design roadshow to Alexandra Palace.
8.00 Style Challenge
Leading fashion experts give people the makeover of their dreams.
8.30 à la mode
The hottest fashions.
9.00 Rick Stein's Seafood Odyssey
A look at the preparation of a spicy shark vindaloo.
9.30 Antiques Roadshow US
A visit to Philadelphia, where experts examine a piece of quality armour.
10.30 House Invaders
The dedicated team create an oasis of colour.
11.00 Garden Magic
Instant solutions to gardening dilemmas.
11.30 Gardeners' World
From West Sussex.
12midnight Ground Force
The team attempts to create a mock-seaside pier, deck and planting scheme for less than £1000.
12.30am-1.00am Stefan's Garden Roadshow
Help and advice on gardening dilemmas.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Storm Alert 7.55 Sixth Sense 8.20 Barking Mad 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 9.45 Tomorrow's World Plus Dinosaur Special 10.15 Life on Earth 11.15 Dinosaurs in Your Garden Text 12.15pm Animals in Uniform Text 12.45 City Hospital 1.45 Sylvania Waters 2.15 Sylvania Waters 2.45 Storm Alert
A look back at the East Anglian floods of 1953. Text

3.45 Vets to the Rescue
Heartwarming stories featuring pets in need, with Trude Mostue.
4.20 Barking Mad
Features a collie obsessed with travelling in cars and a mischievous pony.
4.50 Animal Hospital on the Hoof Text
5.25 Children's Hospital
A four-year-old has a penny stuck in her gullet.
5.55 City Hospital
Gaby Roslin and her team report on the triumphs and trials of patients and staff at Southampton General Hospital.
6.55 So You Think You're a Good Driver?
A woman finds parking her car impossible.
7.30 Chopper Coppers
Oscar Hotel 88
8.00 Barking Mad
A dog that howls when her owner watches TV.
8.30 Children's Hospital
Real-life medical drama.
9.00 Paddington Green
Jackie flees to a people's church in Dover.
9.35 Private Lives of Little People
NEW A profile of a 12-year-old girl who was born with a form of dwarfism.
10.35 Out of this World
11.05 On Behalf of the State: Memories of Hanging
A look at the processes of capital punishment.
12.05am-1.00am Liar

UK PLAY:
1.00am Shooting Stars 1.30 Fast Show 2.05 Vic Reeves 2.35 The Weekenders 3.05 Podge and Rodge 3.10 Soundtrack to My Life 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Funny Noise 4.45 Hey DJ 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow 9.30 Classic Dishes 10.00 Slice of Life 10.30 Simply Baking 11.00 Flash in the Pan 11.30 Nancy Lam's Wok Wiz 12noon Antony's Scotland 12.30pm Cucina Valentina 1.00 Coxon's Kitchen College 1.30 Five-Star Cooking 2.00 Food Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow – Cooked in a Flash
A risotto with honey-marinated duck.
3.30 Tessa's Tastebuds
4.00 Simply Baking
Cakes
Blackened bananas with pecan honey sauce.
4.30 Classic Dishes
Baking a crumble.
5.00 Superchefs
5.30 Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm In Season

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Arabian Sands
Discover the mystical Arabian desert through the experiences of an English explorer, Wilfred Thesiger.
8.00 Throttleman
With champion speedboat racer Steve Curtis.
8.30 Treks in a Wild World
Alaska, Utah
9.00 The Outer Limits
A Microlight Odyssey
9.30 The Outer Limits
Flight from the Volcano
A woman attempts to glide from the top of a volcano.
10.00 The Outer Limits
Ice Walk
The dramatic and dangerous North Pole expedition by Robert Swan.
11.00 Side by Side
A look at predators who have always attracted the interest of people and are generally portrayed as kings of the beasts.
12midnight-1.00am Okefenokee: Land of Eternal Mystery
Ted Turner provides a tour of this swampy region in the south eastern United States and highlights its indigenous species with a look at the American alligator.

6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
With Les Dennis.
7.00 Beadle's About
7.30 Winner Takes All
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
Madcap gameshow.
10.00 Sale of the Century
General knowledge quiz.
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
Muscle-bashing challenges.
1.30 The Cooler
Late night quiz.
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Grassroots 7.00 The Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 The House Doctor 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Grassroots 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country – Get Stuck In 11.10 Space Invaders 11.40 Home Savvy 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 Home Again with Bob Vila 1.45 Wood Wizard 2.15 How to with B & Q 2.20 The New Yankee Workshop 2.50 Kingsbury Square 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am High Adrenalin Action 10.30 Ibiza 2000 11.00 That Film Show 11.30 World Wind Surf 12noon Surf Film 1.00pm Byte Me 1.30 High Adrenalin Action 2.00 Boardstupid 2.30 Byte Me 3.00 buzz:tracks 4.00 High Adrenalin Action 4.30 Chilli Factor 5.00 e-trippers 5.30-6.00pm Hip-Hop Special

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

Monday 24 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Flying Rhino Junior High 6.00 Fat Dog Mendoza 7.00 Tom and Jerry 8.00 Dexter's Laboratory 9.00 Angela Anaconda 10.00 The Powerpuff Girls 11.00 Dragonball Z 12noon Johnny Bravo 12.30pm Looney Tunes 1.00 Johnny Bravo 1.30 Cow and Chicken 2.00 Johnny Bravo 2.30 Mike, Lu and Og

NICKELODEON
FAMILY PACK

7.00am Transylvania Pet Shop 7.30 Transylvania Pet Shop 8.00 Ren and Stimpy 8.30 Ren and Stimpy 9.00 Kenan and Kel 9.30 Kenan and Kel 10.00 Sister Sister 10.30 Sister Sister 11.00 Cousin Skeeter 11.30 Cousin Skeeter 12noon Rugrats 12.30pm Rugrats 1.00 Rugrats 1.30 Rugrats 2.00 Rugrats 2.30 Rugrats

FOX KIDS
FAMILY PACK

6.00am Oggy 6.10 Bad Dog 6.30 Bobby's World 6.55 Jim Button 7.15 Walter Melon 7.40 Inspector Gadget 8.00 Oggy 8.10 Biker Mice 8.30 Dennis and Gnasher 8.55 Sailor Moon 9.15 Sailor Moon 9.40 Digimon 10.00 Power Rangers Lost Galaxy 10.20 Monster Rancher 10.45 Masked Rider 11.05 X-Men 11.30 The Spy Dogs 11.50 Ace Ventura 12.15pm Walter Melon 12.35 Inspector Gadget 1.00 Woody 1.10 Casper 1.30 Donkey Kong 1.55 Dennis 2.20 Life with Louie 2.40 Princess Sissi

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.30 World Business Report 12midnight News 1.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Ekas Ke Hum Barik 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Geet Baney Sangeet 12.30pm Junoon 1.00 Swabimaan 1.30 FILM 4.00 Darpan 4.30 Kakaji Kahen 5.00 Music Box 5.30 MTV Fresh 6.00 Tiger 6.30 Rajni 7.00 Swabimaan 7.30 News 8.00 Aarzoo 8.30 FILM 11.30 News 12midnight MTV Hitlist 1.00am FILM 4.00 Kakaji Kahen 4.30 Music Box 5.00 Chand Grehan 6.00 Bhakti Sagar 6.30 DD News 7.00-7.30pm Bhule Bisre Geet

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 Morning 6.30 Business 7.00 Morning 7.30 Business 8.00 Morning 8.30 Sport 9.00 CNN & TIME 10.30 Sport 11.30 Biz Asia 12.30pm CNNdotCOM 1.15 Asian Edition 1.30 World Report 2.30 Showbiz 3.30 Sport 4.30 Artclub 5.00 CNN & TIME 7.30 World Business 8.30 Q&A 9.30 Insight 10.00 Business Today 10.30 Sport 11.00 WorldView 11.30 Moneyline 12.30am Showbiz 1.00 Morning 1.15 Asia 1.45 Asia 2.00 Larry King 4.30-5.00am American Edition

ZEE TV
ADD-ON CHANNEL

6.00am Yaadein 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Hindu 7.30 News 8.00 Zaike Ka Safar 8.30 Teacher 9.00 Mehendi Tere Naam Ki 9.30 Basera 10.00 Karb 11.00 Jhat Pat Khana 11.30 Aangan 12.00 FILM 3.00pm Hotel 3.30 Pride Ka Aashirwad 4.00 Raahat 4.30 Quiz 5.00 Hum Paanch 5.30 Aangan 6.00 Show Time 7.00 Hadd Kar Di 7.30 Top of the Tops 8.00 News 8.30 Chingari 9.00 Sa Re Ga Ma 10.00 Thriller at Ten 10.30 Net Asia Up Beat 11.00 Europe 11.30 Pakistan Business Week 12midnight News 12.30am FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00-6.00am My Choice

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live At Five 8.30 Sky Business Report 9.30 Showbiz Weekly 10.00 Sky News At Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Showbiz Weekly 4.30 The Book Show 5.30-6.00am CBS Evening News

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Andrew Wommack 6.00 CMTV 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 Money Matters 8.20 Thought for the Day 8.30 Life in the Word 9.00 CMTV 9.30 Winning Ways – Matthew Ashimolowo 10.00 CMTV 10.30-11.00am The Dream Replay Cross Rhythms Edition

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Sindbad 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Le Malingot 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Mise au Point 1.00 Journal 1.15 Le Malingot 3.00 Journal 3.15 Questions 3.30 Méditerranéo 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Le Malingot 6.00 Les Z'Amours 7.00 Journal 7.30 Journal Télévisé et le Journal du Temps 8.00 Infos 8.05 Le Point 9.00 Journal 9.15 Cinéma: Les années sandwiches 11.00 Journal Télévisé 11.30-12midnight Soir 3

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 3.00 Tokyo Live 3.30 Wall Street Report 5.00 US Market Report 5.05-6.00am Tokyo Live

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am North of Westminster 6.00 Midlands 6.30 North Westminster 7.00 Dateline 7.30 Around 8.00 Committees 2.30pm Commons 11.00 Record 11.30-12midnight Dateline

3.00 PM

DISCOVERY
WORLD PACK

4.00pm Rex Hunt Fishing Adventures
Rex goes rock-fishing for snapper and trevally.
4.30 Discovery Today
Bizarre and unusual stories.
5.00 Lost Treasures of the Ancient World
Seven Wonders of the Ancient World
A look at great architecture of the ancient world.
6.00 Profiles of Nature
Frogs – Leaping Wizards
A look at tactics used by frogs in their efforts to avoid being eaten.
7.00 Future Tense
Transport
A report on the hassle of getting from A to B.
7.30 Discovery Today
The mummies of Chile.
8.00 Lonely Planet
Sri Lanka and the Maldives
Megan McCormick searches for budget holidays in Sri Lanka and the Maldives.
9.00 Tornado
Touchdown
A report exploring tornados – mobile, destructive vortices of violently rotating winds.
10.00 The Detonators
NEW Britain's first female explosives engineer.
10.30 Wheels at War
NEW The BMW/Zundapp motorbike and sidecar.
11.00 Extreme Terrain
NEW The snowmobile.
11.30 Beyond the Horizon with the Red Arrows NEW
12midnight Time Team
Oxford
The team tries to discover if mammoths once roamed the river valleys of Oxfordshire.
1.00am Wonders of Weather
1.30-2.00am Discovery Today
Science magazine.

3.00 Johnny Bravo
More from the bequiffed, pec-flexing egomaniac.
3.30 Dexter's Laboratory
Chemical chaos.
4.00 Johnny Bravo
The bequiffed egomaniac returns for another round of posturing.
4.30 The Powerpuff Girls
5.00 Johnny Bravo
5.30 Pinky and the Brain
The lab mice return with another dastardly plan for world domination.
6.00 Tom and Jerry
Madcap antics with the sparring cat and mouse.
6.30 The Flintstones
More adventures with the prehistoric losers.
7.00 Scooby-Doo
More spooky tales.
7.30 Looney Tunes
8.00 Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm FILM: Hearts of the West
Jeff Bridges, Andy Griffith, Donald Pleasence
Western about a starry-eyed novelist who arrives in 1930s Hollywood hoping to write Westerns and joins up with a movie crew in order to hide from a pair of vengeful con men. *99 mins*
11.00-1.00am FILM: Day of the Evil Gun
Glenn Ford, Paul Fix
Western. A man searches for his family. *91 mins*

CARTOON NETWORK:
1.00am The Moomins 1.30 The Magic Roundabout 2.00 Tabaluga 2.30 Blinky Bill 3.00 The Tidings 3.30 The Fruitties 4.00 The Moomins 4.30-5.00am The Magic Roundabout

3.00 Rugrats
More adventures with the tousle-headed nippers.
3.30 Rugrats
More from the kids with the over-fertile imaginations.
4.00 Kenan and Kel
Further adventures with the two funky friends.
4.30 Kenan and Kel
Starring Kenan Thompson and Kel Mitchell.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 Caroline in the City
8.00 Ellen
Too Hip for the Room
Ellen hires a lounge act to make her book shop cool.
8.30 Just Shoot Me
Amblushed
9.00 Married... With Children
The Poker Game
Steve loses cash at poker.
9.30 Cybill
Bakersfield
10.00 Frasier
Ain't Nobody's Business if I Do
10.30 Harry Hill
The funnyman presents his own brand of lunacy.
11.00 The Jack Dee Show
11.30 Cheers
Cry Hard
Robin is arrested for insider trading.
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio
1.35 Duckman
2.00 DiResta
2.30 Nurses
3.00 It's Garry Shandling's Show
3.30-4.00am Abbott and Costello

3.00 Princess Starla and the Jewel Riders
More magical adventures with Princess Starla.
3.20 Sailor Moon
3.45 Mighty Morphin' Power Rangers
4.05 Mighty Morphin' Power Rangers
4.30 Digimon
4.50 Masked Rider
The adventures of Dex, a teenage alien superhero.
5.15 Monster Rancher
Genki and Holly try to save Monster Rancher world.
5.35 Biker Mice from Mars
6.00 The New Addams Family
6.25 Casper
6.35-7.00pm Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
The best sellers.
7.00 Entertainment Shop!
8.00 Kids Shop!
Outdoor toys.
8.30 Jewellery Shop!
Diamond-look jewellery.
9.30 Sports Shop!
Mr Motivator leads his workout routine.
10.00 Home Shop!
12noon Home Shop!
4.30pm Home Shop!
Garden advice and useful equipment profiled.
5.30 Shop! Preview
6.00-7.30pm Shop! Selection
The best sellers on offer.

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* at 6.00am followed by children's shows. Saturdays: Children's programming and a round-up of the week's news in *The Review*. Sundays: Highlights include a *Pokémon* triple bill and *The Review*.

4.00 PM

5.00 PM

6.00 PM

7.00 PM

8.00 PM

9.00 PM

10.00 PM

11.00 PM

12.00

NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon The Viking Saga
The Eastward Trail
1.00pm Secrets of the Hope Diamond
2.00 Biography
William Shakespeare
3.00 Fabulous Fortunes
Showbusiness – Megastars to Megabucks
3.30 Playback with Ken Livingstone
4.00 Top Guns
5.00 Fighters
5.30 The Helicopter
6.00 Project Underworld
6.55 Photos For The Future II
7.00 Design and Construction
Programme tracing the history of ship design.
8.00 Biography
Leonardo da Vinci
9.00 Great Crimes and Trials
Bonnie and Clyde
9.30-10.00pm Great Crimes and Trials
The Manson Family Murders

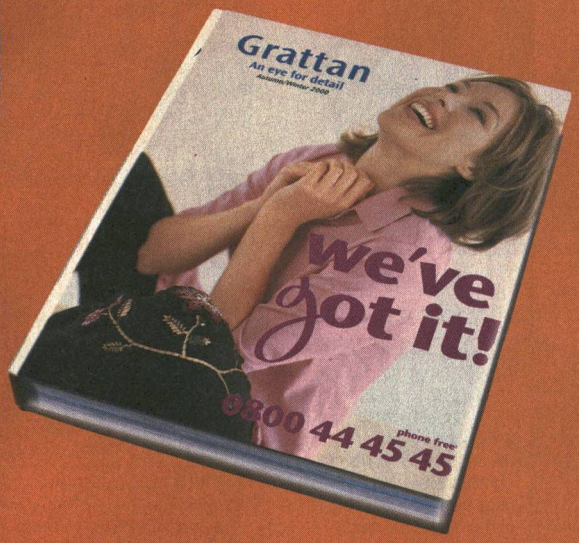
TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion by Gabriella T at 3.00pm.

Hot off the press!



NEW season catalogue

- Value packed 1160 page catalogue
- Spread the cost - interest **FREE**
- So easy to shop - just call **FREE**

Just fill in your details, choose your gift and send this back to us. You'll receive your gift when you start shopping with us.

MEDIA CODE A1024

Mrs/Miss/Ms/Mr (PLEASE DELETE AS APPROPRIATE)

First Name _____ Any other Initials _____
(BLOCK CAPITALS)

Surname _____
I AM OVER 18

Address _____

_____

_____ Postcode _____

Phone No. _____
(INC STD CODE)

Date of Birth _____

We search the files of credit reference agencies who record the search. We share information about you and the conduct of your account with credit reference agencies, other lenders and relevant third parties. It will be used for credit related purposes including payments recovery, anti-fraud and tracing. We also use your information, including shopping habits, to open and run your credit account and for our marketing. We may share your information with carefully selected third parties and we or they may contact you for marketing purposes by mail, telephone or e-mail. If you do not wish to be contacted by third parties for marketing purposes please tick this box.☐ *Meals must be taken and paid for at the hotel. †Calls from non-BT lines may be charged at a different rate from BT.

PLEASE RETURN TO: FREEPOST NEA 9082, SHEFFIELD, S96 5XJ

PLUS a FREE gift for you

Call FREE 0800 333 444† Now

PLEASE QUOTE THE MEDIA CODE ON COUPON ABOVE AND TELL US THE CODE OF YOUR CHOSEN GIFT.

Grattan
An eye for detail

Tuesday 25 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Tin Soldier
1995, rating Sky PG, 99 mins
7.45 Jungle Boy
1993, rating Sky PG, 85 mins
9.15 Shiloh
1997, rating Sky U, 87 mins
11.00 Steel Magnolias
Text *1989, rating Sky PG, 113 mins*
1.00pm Cop and a Half
1993, rating Sky PG, 89 mins
2.45 Shiloh
Michael Moriarty, Scott Wilson, Blake Heron, Rod Steiger
Family drama about an abused beagle who runs away from his brutal owner to the safe and loving arms of a young boy. The boy is forced to hide the pooch from his father until it is injured by a stray dog leaving him no choice but to ask his father for help.
1997, rating Sky U, 87 mins
4.25 Steel Magnolias
Sally Field, Shirley MacLaine, Julia Roberts, Dolly Parton
Comedy drama about six very special women who find that their family loyalties and close friendships can help them through the most trying times of their lives, including love, marriage, birth and death. Text *1989, rating Sky PG, 113 mins*
6.25 Cop and a Half
Burt Reynolds, Norman D Golden II, Ray Sharkey, Ruby Dee
Comedy about a boy who has details about a crime but refuses to tell the police unless they allow him to help with the case – much to the horror of the cop who is forced to work with him.
1993, rating Sky PG, 89 mins
8.00 Enemy of the State
Will Smith, Gene Hackman, Jon Voight, Lisa Bonet
Blockbusting paranoia thriller that explores the idea that we are all being watched. An ordinary attorney bumps into the wrong guy at the wrong time and finds his life destroyed and himself pursued by shadowy forces who seem to know his every single move. Text *1998, rating Sky 15, DS, 127 mins*
10.10 Pecker
Edward Furlong, Christina Ricci, Lili Taylor, Mary Kay Place
PREMIERE Quirky comedy following the exploits of a young photographer who gets caught up in the world of showbiz. Text *1998, rating Sky 15, DS, 83 mins*
11.40 The Edge
Anthony Hopkins, Alec Baldwin
Drama about a grizzly bear. Text *1997, rating Sky 15, 113 mins*
1.40am Polish Wedding
PREMIERE Drama. Text *1998, rating Sky 15, 101 mins*
3.30 Live Flesh
Widescreen *1997, rating Sky 18, 97 mins*
5.10-6.00am
Femmes Fatales: Demi Moore

SKY MOVIEMAX
PREMIUM CHANNEL

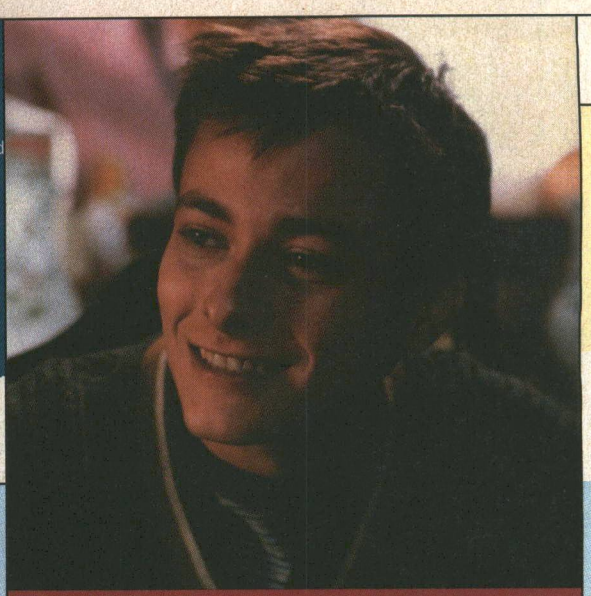
6.10am Her Own Rules
1998, rating Sky PG, DS, 83 mins
8.00 Perfect Body
1997, rating Sky PG, 85 mins
9.35 Take My Advice: The Ann and Abby Story
1999, rating Sky PG, 87 mins
11.15 A Time to Heal
1994, rating Sky PG, 90 mins
1.00pm
Nothing Too Good for a Cowboy
1998, rating Sky PG, 88 mins
2.40 Perfect Body
Amy Jo Johnson, Brett Cullen
Drama about a gymnast with Olympic potential who resolves to do everything she can to make the Olympic grade – even if she has to become anorexic in the process.
1997, rating Sky PG, 85 mins
4.20 A Time to Heal
Nicollette Sheridan, Gary Cole, Mara Wilson, Annie Corley
Drama about a woman who suffers a stroke just before giving birth to her son. Although the baby is fine, she is now confined to a wheelchair and her husband is forced to juggle his career with being a full-time father and carer.
1994, rating Sky PG, 90 mins
6.00 Take My Advice: The Ann and Abby Story
Wendie Malick, Robert Desiderio, Kip Gilman
Drama based on the true story of identical twin sisters who in the 1950s became the pioneers of agony aunts around the world with their frank, and often outrageous, advice on sex and affairs of the heart. *1999, rating Sky PG, 87 mins*
8.00
Slums of Beverly Hills
Natasha Lyonne, Alan Arkin, Bryna Weiss, Marisa Tomei
Comedy following the misfortunes of an eccentric family, focusing on the experience of a teenage girl trying to cope with her changing body and the arrival in the family of a glamorous relative. Text *1998, rating Sky 15, 87 mins*
10.00 Shelter
John Allen Nelson, Brenda Bakke, Peter Onorati
PREMIERE Drama in which a depressed cop, whose wife is in a coma, discovers corruption within the force which leads to his partner's death. In order to get revenge, he joins the Mafia.
1999, rating Sky 18, DS, 95 mins
11.40
Dangerous Attraction
Linden Ashby, Rae Dawn Chong
1999, rating Sky 18, 91 mins
1.20am Trial and Error
Text *1997, rating Sky 12, 94 mins*
3.00 Danielle Steel's Star
1993, rating Sky 15, 90 mins
4.35-6.00am
Nothing Too Good for a Cowboy
1998, rating Sky PG, 88 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00 Captain Horatio Hornblower
Gregory Peck, Virginia Mayo, Robert Beatty, Denis O'Dea
Action drama based on CS Forester's British Naval hero of the Napoleonic wars. The titular British sea warrior bravely battles Napoleon while also finding time to romance the beautiful sister of the Duke of Wellington. *1951, rating Sky PG, 112 mins*
6.00 Hollywood Hall Of Fame: Gregory Peck
A series of shows profiling the greatest Hollywood stars.
6.30 Shanghai Express
Marlene Dietrich, Warner Oland, Clive Brook, Anna May Wong
Drama about a woman who takes on a military commander in civil war-stricken China in order to protect the man she loves.
1932, rating Sky PG, 78 mins
8.00 Who's Afraid of Virginia Woolf?
Elizabeth Taylor, Richard Burton, Sandy Dennis, George Segal
Drama, based on an acclaimed stage play. A teacher and his sharp-tongued wife visit the campus home of a history professor and his wife and proceed to drag each through a bitter exchange of words in-front of their horrified hosts. *1966, rating Sky 15, 124 mins*
10.10 Scarecrow
Gene Hackman, Al Pacino, Eileen Brennan, Penelope Allen
Drama about a pair of slackers – a man who wants to start up a car-wash business and a drifter who has abandoned his wife and children – who wind up hitch-hiking together learning a lot about life and each other as they go.
1973, rating Sky 18, 108 mins
12.05am River's Edge
Crispin Glover, Keanu Reeves
1987, rating Sky 18, 96 mins
1.45 Which Way is Up?
Richard Pryor, Lonette McKee
1977, rating Sky 15, 90 mins
3.20 The Southern Star
1969, rating Sky PG, 102 mins
5.10-6.00am Hollywood Hall Of Fame: Henry Fonda



Edward Furlong stars as 'Pecker' in the premiere of this satirical comedy from John Waters. Sky Premier 10.10pm

FILMFOUR
ADD-ON CHANNEL

6.00pm Whirlpool
Gene Tierney, Barbara O'Neil, Charles Bickford, Richard Conte
Thriller about a ruthless hypnotist who plans to murder his former mistress. When he meets an unbalanced kleptomaniac, he uses his influence over her to frame her for the murder and only a suspicious policeman and the woman's husband can save her from the gallows. *1949, 93 mins*
8.00 Toys
Joan Cusak, Robin Wright, LL Cool J, Donald O'Connor
When an eccentric film-maker leaves his toy factory to his brother, his two children find themselves ousted as the teddy bears are replaced with war toys.
1992, 116 mins
10.05 Death Race 2000
David Carradine, Sylvester Stallone, Simone Griffeth
Action sci-fi about a futuristic society where the national sport is a no-holds-barred version of wacky racing, where points are awarded for dead pedestrians as well as final placings. Text *1975, 80 mins*
11.35 Cold Fever
Masatoshi Nagase, Lili Taylor
Road movie about a man who travels from Tokyo to Iceland.
1994, 81 mins
1.05am Pamplemousse
1.15 Christine
Text *1983, 106 mins*
3.10 Trunk
3.25-6.00am Kitchen
Cantonese drama. *1997, 120 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Spellbound
Ingrid Bergman, Gregory Peck, Leo G Carroll, John Emery
Thriller about a psychoanalyst who falls in love with her new boss knowing that he may be a killer. When it becomes obvious that the new doctor of a mental asylum is an imposter, he goes on the run but is closely pursued by the woman who is determined to help him. *1945, 111 mins*
9.00pm
Never Tell Me Never
Claudia Karvan, Diane Craig, Paul Bishop, Malcolm Kennard
Drama about a cross-country skier who hopes to become an Olympic champion. Tragedy strikes, however, when in a terrible accident she loses the use of her legs. Undeterred in her dreams, she vows to defy all odds and walk again. *1997, 96 mins*
11.00
The Secret of My Success
Michael J Fox, Helen Slater, Richard Jordan, John Pankow
Comedy drama about a young man who swaps life in the country for New York. *1987, 110 mins*
1.00am Paradise Alley
Sylvester Stallone, Lee Canalito
Gritty drama. *1978, 109 mins*
3.00 Riot in Cell Block 11
Neville Brand, Emile Meyer
Powerful drama. *1954, 80 mins*
5.00-7.00am T-Men
Gripping drama *1947, 96 mins*

MORNING

6.00 AM
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00

NIGHT TIME

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

THE BIG HIT
Rating 18, 88 mins
Dark comedy. A group of hitmen take on what they think will be an easy kidnap job – only to find that the target is their boss' godson. Stars Mark Wahlberg and Lou Diamond Phillips.
T/C: Action kidnapping.
BL: Frequent, coarse.
S/N: Infrequent, mild.
V: Frequent, strong.
6.40pm, 8.30pm, 10.20pm, 12.10am, 2.00am, 3.50am

Channel 53

PARTING SHOTS
Rating 12, 95 mins
Comedy. A once-fashionable photographer learns he is dying and decides to take revenge on the people who betrayed him. But first, he needs to get a gun. Stars Chris Rea and John Cleese.
T/C: Black comedy, revenge.
BL: Infrequent, mild.
S/N: Infrequent, mild.
V: Some moderate.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

Tuesday 25 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon 10.00 Pokémon 10.30 The Simpsons 11.00 World Wrestling Federation – Livewire 12noon The New Adventures of Superman 1.00pm Dream Team Omnibus 2.00 Mega Babies 2.30 Godzilla

3.00 Mummies Alive
The Heart's Arrow
3.30 Pokémon
A Chansey Operation
A sudden ailment threatens Pikachu's life.
4.00 Pokémon
So Near, Yet So Farfetch'd
Misty falls prey to a trainer who uses his Pokémon to steal.
4.30 Pokémon
Bulbasaur's Mysterious Garden
5.00 Star Trek
Another instalment of the science fiction series.
6.00 Veronica's Closet
Veronica's Silent Partner
The business is under threat. Text
6.30 Friends
The One with Chandler's Work Laugh Text
7.00 The Simpsons
Treehouse of Horror IX
Bart is trapped inside an Itchy and Scratchy cartoon. Text
7.30 The Simpsons
Hello Gutter, Hello Fadder
8.00 JAG
Front and Center
Action drama in which the chief witness in a rape trial decides to go into hiding instead of testifying in court.
9.00 World Wrestling Federation – Smackdown
Jim Ross, Michael Cole and Kevin Kelly get to grips with the latest grappling action from the World Wrestling Federation circuit, featuring the in-ring – and sometimes out of ring – antics of Degeneration X, The Rock, The Undertaker and the McMahon-Helmsley faction.
11.00 Toughman
Burlington
Amateur fighters battle it out with a group of professionals in a demanding three-round contest.
12midnight Star Trek
1.00am New York Undercover
The Promised Land
JC and Eddie uncover a conspiracy and risk their lives and reputation to find the missing pieces.
2.00-6.00am Long Play
A comprehensive selection of videos, charts and special features throughout the night.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am 'Allo 'Allo! 6.40 Bread 7.15 The Brittas Empire 7.50 Birds of a Feather 8.25 EastEnders Text 9.00 The Bill Text 9.30 The Bill Text 10.00 Bergerac 11.00 Knots Landing 11.55 Neighbours 12.25pm EastEnders Text 1.00 Dangerfield 2.00 Knots Landing

3.00 The Bill
The Wrath of God Text
3.30 The Bill
Knight Errant
Loxton finds a female suspect is attracted to him.
4.00 EastEnders
Cindy, under pressure at home, is forced to make a difficult decision when Steven becomes ill. Text
4.35 Neighbours
Rick gets an ultimatum.
5.00 'Allo 'Allo!
Wartime sitcom. Leclerc paints a fake *Fallen Madonna* using Helga as a model. Text
5.40 Bread
Comedy series about a family doing what they can to survive unemployment and poverty. Text
6.20 The Brittas Empire
UXB
Leisure centre sitcom. Colin discovers an unexploded bomb.
7.00 Just Good Friends
Bittersweet sitcom in which former fiancés Penny and Vince meet by chance in Paris after two years apart.
7.40 Birds of a Feather
Trouble and Strife
Sitcom. Short of money, Sharon gets a new job. Text
8.20 Kiss Me Kate
Money Matter
Office-based sitcom. Text
9.00 Taggart
Legends
Police drama series in which Jardine and his team are drawn into the world of pop music when the lead guitarist of a legendary Sixties group is found dead in his swimming pool. Due to the fact that the group have an old hit back in the charts as well as talk of a comeback, the police are led to believe he may have been murdered.
11.10 Murder Most Horrid
Dying Live
A holiday-maker gets caught up in a case of mistaken identity.
11.50 The Bill
12.20am The Bill Text
12.50 Casualty
2.00 EastEnders Text
2.35 Murder Most Horrid
3.15 Whatever Happened to the Likely Lads?
3.55 Whatever Happened to the Likely Lads?
4.40 Dynasty
5.30-6.00am Angels

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 She's Gotta Have It 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich

3.20 Relationship SOS
Programme giving advice to people who want to revamp their relationships.
3.50 Forgive or Forget
Mother Love offers advice and tries to persuade people to forgive each other.
4.40 Oh Baby
Sitcom about a successful single woman who has had a baby by artificial insemination.
5.05 Streetmate
Davina McCall plays Cupid to unsuspecting single people.
5.35 Ready, Steady, Cook
Two chefs compete against the clock to create exciting recipes.
6.10 The Jerry Springer Show
Talk show in which Jerry Springer and his guests debate relationships issues.
7.00 Judge Judy
Outspoken judge Judy Sheindlin presides over a series of cases.
7.30 Will and Grace
Sitcom about two roommates who seem perfect for each other.
8.00 Charmed
Drama series about three sisters who move into a house inherited from their grandmother – only to find they have also inherited her powers of witchcraft.
9.00 FILM: Lisa
Cheryl Ladd, Staci Keanan, Tanya Fenmore, Jeffrey Tambor
Thiller in which a teenage girl who enjoys making crank phone calls finds them to be far more dangerous than she expected when one of the men she has been winding up turns out to be a serial killer. *1989*
10.50 Secret Suburbia
A look at some seemingly ordinary suburban residents with extraordinary lives.
11.20-12midnight Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Shopping across the UK 6.30 The Odd Couple 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 Home to Roost 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

3.00 Boon
One Reborn Every Minute
Comedy drama series. Boon is hired by an evangelist to find out who is sabotaging his show and chances of a TV contract.
4.00 Kojak
I Could Kill My Wife's Lawyer
Police drama. One of Kojak's detectives tries to prove his wife's divorce lawyer is responsible for an insurance scam.
5.00 Hart to Hart
The Raid
Crime thriller series. The Harts and Max journey to South America to rescue two kidnapped scientists.
6.00 Emmerdale
Frank decides to get his own back on Pollard. Text
6.30 Classic Coronation Street
Alf has his stag party. Text
7.00 Sorry!
Every Day in Every Way
Comedy series in which Timothy is given a lucky charm.
7.30 Robin's Nest
Ups and Downs
8.00 Boon
The Not So Lone Ranger
Comedy drama series. A jockey's wife has been kidnapped in order to force him to lose a race. Stars Michael Elphick.
9.00 Kojak
Justice for All
Kojak considers leaving the force for a job as an investigator with a prestigious law firm.
10.00-11.00pm Taggart
Gingerbread – Part I

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Jo Guest's Private Parts
Late-night series about adult topics and sexual problems.
11.30 Bikini Ski Trip
Erotic late-night series.
12.30am Centrefolds
A fly-on-the-wall documentary following a troupe of centrefolds.
1.00 E! Wild On...
The Amazon
1.50-2.00am Wicked Willie
Animation series about the continuing adventures of man and his 'best friend', taking a comic look at men's attitude towards sex.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

4.30am Pooh 4.45 Music Time 4.50 Olie 5.00 Bear 5.25 Art Play 5.30 PB and J Otter 5.45 Bite Size 6.00 Toons 6.05 Circle Time 6.10 Olie 6.20 Spot 6.30 Out of the Box 7.00 Mickey Mouseworks 7.30 101 Dalmatians 8.00-1.00pm Your Choice Your Voice
1.00 FILM: Your Choice Your Voice: The Phoenix and the Carpet or The Rescuers
2.30-7.00 Your Choice Your Voice

7.00 FILM: Oliver and Company
Voices of Billy Joel, Bette Midler, Joey Lawrence, Dom DeLuise
Animation. An orphaned kitten is taken in by a pack of pickpocket dogs and their master. Text *1988*
8.15 Honey, I Shrunk the Kids: The TV Show
Honey, It's a Billion Dollar Brain
The Szalinskis are nominated as Matheson family of the year. Text
9.00 Flipper
Marine action adventure with TV's most famous dolphin and his friends. Text
9.45 Dinosaurs
Prehistoric fun. Text
10.10 Home Improvement
Comedy double bill. Text
11.00 Dr Quinn: Medicine Woman Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

TUESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
Pecker
Sky Premier 10.10pm
Playing like a kooky riff on the recent update of *Great Expectations*, starring Ethan Hawke, this sweet-natured comedy from former shockmeister John Waters sees humble, happy Baltimore shutterbug Edward Furlong become the toast of the New York art world.

GENERAL
100% Questions
TV5 11.05am
You may fancy yourself as a television quiz wiz, but try understanding and answering a general knowledge quiz in French. In this show, three candidates compete on different topics ranging from music and history to literature and sport. Presented by Nathalie Guyon.

ADVERTISEMENT

UK PLAY

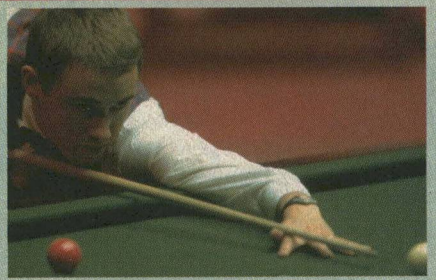
THE LEAGUE OF GENTLEMAN 9.40PM
Welcome to Royston Vasey, the town with very surreal behaviour where only the local people are welcome. Meet the dysfunctional, repressed and downright perverted folk such as the butcher with his special stuff and Barbara the transsexual cab driver.

Tuesday 25 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM MORNING	**7.30am Athletics** **8.30 Football** **10.00 Sumo** **11.00 Football** **1.00pm Beach Soccer** Coverage of the Friendly tournament in Sainte-Maxime, France. **2.00 Athletics** Highlights of the US Olympic Team Trials 2000 in Sacramento, California.	**7.00am Sky Sports Centre 7.15 World Wrestling Federation – Livewire 8.15 Sky Sports Centre 8.30 Racing News 9.00 European Beach Soccer 10.00 Aerobics Oz Style 10.30 Cricket: NatWest Trophy – Quarter-Final – LIVE 2.15pm World Football Show 2.45 Cricket: NatWest Trophy – Quarter-Final – LIVE** Further live coverage of the pick of the round's matches in the quarter-finals of the NatWest Trophy. Charles Colvile introduces all the action, while commentary comes from the likes of David Gower, Ian Botham, Bob Willis, Paul Allott, David Lloyd and Michael Holding.	**7.00am Aerobics Oz Style 7.30 Sky Sports Centre 7.45 Racing News 8.15 Asian Sports 8.45 Sky Sports Centre 9.00 Telegraph Action Sport 9.30 Total Sport 10.00 World Cup Football: Official FIFA Film – 1954 World Cup 11.45 Sky Sports Classics: Chelsea v Manchester United 12noon European Beach Soccer – France 1.00pm Darts: World Matchplay 2000 – LIVE** The Winter Gardens, Blackpool, play host to the second day of action. If world champion Phil Taylor is on form then the other 31 competitors had better watch out. Commentary comes from Sid Waddell, Dave Lanning and John Gwynne.	**12noon Horsepower 12.30pm World Football Show 1.00 Telegraph Action Sport 1.30 Total Sport 2.00 Shell's Wonderful World of Golf: Haynie v Mann v Whitworth** A look back to 1969 with classic ladies' golf at The Royal Bangkok Sports Club, Thailand.	**8.00am Battlestar Galactica 9.00 The Time Tunnel 10.00 Project UFO 11.00 The Incredible Hulk 12noon Babylon 5** *Epiphanies* **1.00pm Highlander: The Raven** *Crime and Punishment* **2.00 Battlestar Galactica** *The Hand of God*	**6.00am Select MTV 8.00 MTV Hits 9.00 Bytesize MTV 12noon MTV Hits 12.30pm Daily Edition** Edith Bowman and Emma Ledden host showbiz news. **1.00 MTV Hits 2.00 Hit List UK** Cat Deeley presents the latest rundown of the chart hits and the new entries.
3.00 PM	**3.00 Rally** Action from the FIA World Rally Championship in New Zealand.			**3.00** **World Cup Football: Official FIFA FILM – 1958 World Cup** The 1958 World Cup saw a feast of attacking football in the latter stages of this historic competition.	**3.00 Robocop** *Nanno* The cyborg fights a scientist and an ex-I.R.S agent who are using machines for crime.	**3.00 Bytesize MTV** Highlights from MTV stations around the world, presented in the form of short soundbites.
4.00 PM	**4.00 Truck Sports** Oversize track action from the 2000 Europa Truck Trial in Mohlnice, Czech Republic. This is the first round of the series.			**4.45 Sky Sports Classics: FA Cup Classics Arsenal v Manchester United**	**4.00** **The Time Tunnel** *Merlin the Magician* Merlin the magician forces Tony and Doug to help rid the country of Vikings.	**4.00 Select MTV** The show that becomes a video jukebox for viewers' requests. Call the special number, pick your favourite video from the on-screen menu and presenter Kelly Brook will play your choice.
5.00 PM	**5.00 Xtreme Sports** *YOZ* Another episode of the youth-only extreme sport magazine show.		**5.00 Triathlon: Escape from Alcatraz Triathlon** This tough event involves swimming, running and cycling over vast distances.	**5.00 World Wrestling Federation – Livewire** Michael Cole presents coverage of the latest spectacular World Wrestling Federation bouts.	**5.00 Project UFO** *The Underwater Incident* A charter boat is rammed by a UFO which streaks out of the sky and crashes below the ocean's surface.	
6.00 PM	**6.00 Grand Touring** Coverage of the FIA GT Championship in Zolder, Belgium. This is the sixth round of the series.	**6.00** **Sky Sports Centre** The latest sports news. **6.30 European Beach Soccer** Skilful action from some of the world's most exotic beach locations. **7.30** **World Football Show** A round-up of the very best football action.	**6.00** **Asian Sports Show** The action features golf, basketball and football. **6.30 Fastrax** Action in alternative sports.	**6.00 Rugby League Academy** A look at tomorrow's stars of the game, with match action involving the rising youngsters in the game.	**6.00** **The Incredible Hulk** *Prometheus – Part I* The transforming scientist tries to reverse the effects of his original experiment.	**6.00 Bytesize MTV** Highlights from MTV stations around the world, presented in the form of short soundbites.
7.00 PM	**7.00 Football – LIVE** Coverage of a pre-season friendly match.		**7.00 Darts: World Matchplay 2000 – LIVE** Coverage of the second session from the famous Winter Gardens in Blackpool. This is the most-watched darts event anywhere in the world and the 2000 capacity arena should not be disappointed as the world's best battle for a place in the next round. Introduced by Jeff Stelling, with commentary from Sid Waddell, Dave Lanning and John Gwynne.	**7.00** **Sports Unlimited** A comprehensive look at the world of alternative sports with spectacular action footage.	**7.00 Highlander: The Raven** *Crime and Punishment* Nick's first homicide case comes back to haunt him and take revenge.	**7.00 MTV Hits** A roller coaster of uninterrupted music featuring the latest from the MTV playlist plus a number of exclusives.
8.00 PM		**8.00 Ringside Special – LIVE** Action from another top-class boxing bout.		**8.00 Premier Snooker League** The £123,500 Premier Snooker League is a prestigious showcase for seven of the world's best players. The action takes place at a variety of top venues across the length and breadth of Britain.	**8.00 Twin Peaks** Cooper is stymied by an unusual request from Ben Horne to save Audrey's life. Donna Hayward goes to another picnic.	**8.00** **European Top 20** Eden Harrell with a rundown of the singles that are dominating the charts on the Continent.
9.00 PM	**9.00 Boxing** Coverage of an international bout.				**9.00 Millennium** *Millennium* A serial murderer is on a quest to rid the city of sin and vice in preparation for the apocalypse.	**9.00 Daily Edition** The latest news and gossip from showbiz. **9.30** **Celebrity Death Match** More claymation satires.
10.00 PM	**10.00 Adventure** *AdNatura* Adventure sport news and action from the Raid Gauloises 2000 event.	**10.00** **Sky Sports Centre** The latest sports news. **10.15 Cricket: NatWest Trophy – Quarter-Final** Eight counties are left, aiming to fulfil every cricketer's dream and win a trophy at Lord's. **11.45** **Sky Sports Centre**		**10.00 Big Fights: Henry Armstrong** A look back at the first boxer to hold an astonishing three world titles at three weights.	**10.00 FILM: Shocker** *Mitch Pileggi, Peter Berg, Michael Murphy* A TV repairman is sentenced to death by electric chair after going on a horrific murder spree. However, he makes a pact with the devil and returns from the dead with some unusually shocking new powers. *1989*	**10.00** **The Tom Green Show** Comedy on the streets. **10.30 Loveline USA** Agony and problem advice for LA viewers who call in.
11.00 PM	**11.00 Golf** Action from the US Senior PGA Tour, Ford Senior Players Championship at the TPC of Michigan in Dearborn, California.		**11.00** **Asian Sports Show** **11.30** **Sports Unlimited** An in-depth look at the world of alternative sports with spectacular footage.	**11.00-11.30pm** **A to Z of Motorsport** A review of the roots and history of the motor racing circuit and the men who made it happen.		**11.00 brand:new** Zane Lowe takes a look at new music and chats to up-and-coming young and alternative acts.
12.00 NIGHT TIME	**12midnight-12.30am Sailing** *Sailing World*	**12midnight** **European Beach Soccer** **1.00am Ringside Special** **3.00 World Cup Football: Official FIFA Film – 1958 World Cup** Highlights of the 1958 event. **4.45-5.00am** **Sky Sports Centre**	**12.30am** **Rugby League Academy** **1.30 Fastrax** **2.00 Sports Unlimited** **3.00** **Premier Snooker League** **5.00-5.15am** **Sky Sports Centre**		**12midnight Lexx** *May* Stanley falls for a beautiful girl from the planet Water. **1.00am FILM: Scanner Force** Sci-fi thriller. *1992* **3.00-4.00am Babylon 5** *Epiphanies*	**12midnight** **Alternative Nation** A journey into the musical leftfield of MTV. **1.00-6.00am Night Videos** Music through the night.

PREMIER SNOOKER LEAGUE
SKY SPORTS 3 8.00PM, SKY SPORTS 2 3.00AM

The £123,500 Premier Snooker League, which recently completed its 14th year, offers fans of the green baize a chance to see seven of the world's top snooker stars in action. The likes of Scotland's Stephen Hendry (pictured) and the Welshman Mark Williams, who won the World Championship in May, are playing for the first prize purse of £50,000. The venues for the tournament vary – Southend plays host to the final – but the play is always of a first-class standard.



PLAYBOY TV/ ADULT CHANNEL ADD-ON CHANNEL	TELEVISION X ADD-ON CHANNEL
10.00pm Freeview 10.06 Adult Feature 12midnight Freeview 12.12am Sam Gets Her Girl 12.25 Banged Up 12.55 FILM: First Time Ever 1.55 Lesbian Fantasies 2.15 Stop-over Sex 2.45-4.00am FILM: Erotic Princess	**12midnight The Ten Minute Preview 12.10am The Omar Show 12.40 FILM: Boogie Girls** A waitress wants to be a star. **1.00 Five Minute Freeview 1.05 FILM continues 1.55 Fantasy Night Calls 2.55-4.00am FILM: Adult Feature**
Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details	Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Tuesday 25 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon Behind the Music: Fleetwood Mac
Trace the struggles, setbacks and triumphs of the Anglo-American band.
1.00pm Greatest Hits: U2
1.30 Pop-Up Video
More top trivia.
2.00 Jukebox
The request show that gives viewers the chance to turn their TV sets into jukeboxes.

4.00 The VH1 Album Chart Show
Paul King presents a rundown of the best-selling albums of the week in the United Kingdom.
5.00 Ten of the Best: Gabrielle
The chart-topping British soul diva chooses her top ten music videos.

6.00 BTM2: Enrique Iglesias
6.30 Greatest Hits: U2
Featuring hits *Desire* and *The Sweetest Thing.*
7.00 Top Ten
Check out the top music videos of the moment.

8.00 The Millennium Classic Years: 1980
John Lennon is killed outside his apartment in New York, and Reagan is elected US President.
9.00 Egos and Icons: Ricky Martin
The Latin vocalist is put under the spotlight.

10.00 Behind the Music: Quincy Jones
A look at the musician who launched Michael Jackson as a solo artist.

11.00 Anorak 'n' Roll
David Hepworth presents another edition of the quiz show that is sure get you racking your brains.

12midnight Pop-Up Video
Top trivia from the irreverent pop-up-video collection.
12.30am Greatest Hits: U2
The band's best numbers.
1.00 Hey, Watch This!
2.00 Soul Vibration
2.30 VH1 Country
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

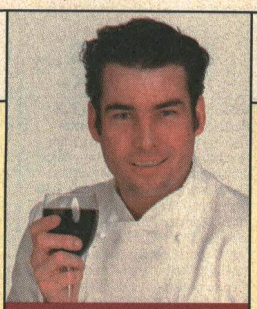
12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Snake River, Idaho
1.00 All-Bird TV
1.30 All Bird TV
Florida Wading Birds
2.00 Pet Rescue
Follow the fortunes of more rescued animals.
2.30 Kratt's Creatures
The Great Defenders

3.00
Breed All About It
Borzoi
3.30
Breed All About It
Dachshund
4.00 Animal Planet Unleashed
Howie Watkins shows how to make a bird bath.
4.30 Croc Files
With Steve and Terri Irwin.
5.00 Pet Rescue
Follow the fortunes of more rescued animals.
5.30 Going Wild with Jeff Corwin
Badlands, South Dakota

6.00 The Aquanauts
Featuring the pupfish in its harsh environment – Death Valley, California.
6.30 Croc Files
With Steve and Terri Irwin.
7.00
A Passion for Nature
The Oubaran bustard.
7.30 Hutan – Wildlife of the Malaysian Rainforest

8.00 Wild Rescues
More tales of human and animal courage.
8.30 Wild Rescues
More tales of human and animal courage.
9.00 Crocodile Hunter
A Handful of Elephants
Steve and Terri Irwin investigate the last remaining habitat of the Indonesian elephant.
10.00
Animal Weapons
Chemical Warfare
A look at the various means animals have developed to protect themselves.
11.00
Emergency Vets
A Yorkshire terrier needs a jaw operation.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area



Ross Burden hosts 'Ross's Barbecue Party'. Carlton Food Network 10.00am

ITV2
ACCESS PACK

4.00pm Trisha
Another double bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text

6.00
The Extremists
Extreme sports.
6.30 Touch Football
More sporting coverage.

7.00 Amazing Games
Offbeat sports action.
7.30
Karate World Series
Top martial artists engage in competition.

8.00 Sunset Beach
Casey impresses Mr Chang with his legal expertise.
8.50 Chart Choice
Two top music videos.
9.00 Grafters
Trevor is angry when Joe and Viv discuss a new joint business. Geoff is suicidal and Uncle Alan takes over the flat sales. Text
10.00 Emmerdale
Tonight's episode of the rural soap from ITV. Text
10.30 Nuts and Bolts
Rebekah tries to resist temptation.
11.00 The Jerry Springer Show
More outrageous revelations and confrontations.
11.50 The Late Show with David Letterman
Chat show with host and humorist David Letterman plus celebrity guests.
12.40am Freaky Stories
Ghoulish animation.
12.50 The Extremists
1.20-1.50am
Touch Football

UK STYLE
LIFESTYLE PACK

7.00am Spa Trek 7.30 Spa Trek 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Changing Rooms: New Zealand 9.30 Real Rooms 10.00 Change That 10.30 A Room with a Clue 11.00 Big Strong Girls 11.30 The House Doctor 12noon Good Living 12.30pm Style Challenge 1.00 A Taste of Africa 1.30 Ready, Steady, Cook 2.00 Gardening from Scratch 2.30 Learn to Garden with Stefan Buczacki

3.00
Gardeners' World
With Alan Titchmarsh.
3.30 Charlie's Garden Army
With Charlie Dimmock.
4.00 Stefan's Garden Roadshow
More horticultural advice.
4.30 Good Living
Lifestyle series presented by Jane Asher.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms: New Zealand
Decor makeover show.

6.00
Antiques Roadshow
The team examines objects brought to the Reebok Stadium by the public for expert evaluation.
7.00 Real Rooms
Cheltenham Bathroom
7.30 Change That
With guest designers Linda Barker, John Amabile and Petra Boase.
8.00 Style Challenge
Fashion experts perform more dream makeovers.
8.30
The Flower Show
With florist Jane Packer.
9.00 Home Front
Anne McKevitt redesigns a London studio flat.
9.30 Big Strong Girls
With Fiona Quigley and Siobhan Palmer.
10.00
The House Doctor
Ann Maurice improves another house's prospects.
10.30 House Invaders
Hastings
11.00 Ground Force
Alan Titchmarsh and his crew go to work again.
11.30 BBC Gardener of the Year
East and South East
12midnight Garden Stories
Battles
A look at some of the trials and tribulations faced by horticulture enthusiasts.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki offers more gardening help and advice.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Twins
7.50 Sound Sense
8.20 Barking Mad Text
8.50 Vets to the Rescue
9.20 Tomorrow's World Plus
10.15 Life on Earth
11.15 Liar
12.15pm Animal Hospital on the Hoof Text
12.45 City Hospital
1.45 Sylvania Waters
2.15 Sylvania Waters
2.45 Mail Order Brides
Documentary looking at the UK's largest mail-order bride agency, through which hundreds of British men take their pick from catalogues of Filipino women.

3.45
Vets to the Rescue
Trude meets a hen that lays odd-shaped eggs.
4.20 Barking Mad
Animal behaviourists deal with more problem pets.
4.50 Animal Hospital on the Hoof
With Rolf Harris. Text
5.25
Children's Hospital
Real-life medical drama.
5.55 City Hospital
Gaby Roslin and her team deliver another report on the triumphs and trials of patients and staff at Southampton General.
6.55
So You Think You're a Good Driver?
Presented by Nick Ross.
7.30
Chimpanzee Diary
Real-life animal soap opera.
8.00 Barking Mad
Animal behaviourists deal with more problem pets.
8.30
Children's Hospital
Real-life medical drama.
9.00
Paddington Green
Jackie has given up drink.
9.35 Igor – Child of Chernobyl
Documentary about a boy born in Chernobyl shortly after the nuclear disaster and fostered in Britain.
10.35
Out of This World
Big cats in the countryside.
11.05
We Are Not Alone
Sky Watchers
12.05am-1.00am Louis Theroux'sWeird Weekends
UFOs

UK PLAY:
1.00am Shooting Stars 1.30 The League of Gentlemen 2.05 Vic Reeves 2.35 Reeves and Mortimer 3.10 Soundtrack to My Life 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Funny Noise 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Coxon's Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow – Cooked in a Flash 9.30 Classic Dishes 10.00 Ross's Barbecue Party 10.30 Simply Baking 11.00 Flash in the Pan 11.30 Power Food 12noon Antony's Scotland 12.30pm West Country Kitchen 1.00 Coxon's Kitchen College 1.30 Use Your Loaf 2.00 Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow – Cooked in a Flash
Recipes for healthy meals.
3.30
Tessa's Tastebuds
Currants
4.00 Simply Baking
Bars
4.30 Classic Dishes
Antony Worrall Thompson demonstrates how to prepare steak tartare.
5.00 Superchefs
5.30
Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm
Picture This

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
Keepers of the Wild
The work of ten animal keepers illustrates critical issues confronting the world of captive animals.
8.00 Painted Dogs of Okavango
Observe the wolf and dingo, efficient pack-hunters that have adapted superbly to their environment.
9.00
Africa's Big Five
A look at the natural history of five African animals: the rhino, elephant, leopard, lion and buffalo.
10.00
Wildlife Tourism
An investigation into the recent explosion of safari tourism in Africa's stunning wilderness.
11.00 Yellowstone: Realm of the Coyote
Follow the coyotes of Yellowstone National Park as they fight their way through a harsh winter.
12midnight-1.00am
Congo in the Bronx
Discover how the Bronx Zoo in the US plays host to a groundbreaking method of replicating the environment of the rare and endangered animals of the Congo.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
Presented by Keith Chegwin.
6.00 100%
6.30 Family Fortunes
Big money gameshow.
7.00 Beadle's About
Hidden camera pranks.
7.30 Winner Takes All
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
Hidden camera pranks.
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
Gloucester
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move On Up
5.00-6.00am
Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Garden Calendar 7.00 The Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 The House Doctor 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Garden Calendar 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country – Get Stuck In 11.10 Space Invaders 11.40 Home Savvy 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 Home Again with Bob Vila 1.45 Wood Wizard 2.15 How to with B & Q 2.20 New Yankee Workshop 2.50 Kingsbury Square 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am World Wind Surf 10.30 High Adrenalin Action 11.00 Trainspotters 99 12noon Ibiza 2000 12.30pm High Adrenalin Action 1.00 Byte Me 1.30 Hip-Hop Special 2.00 Adrenalize 2.30 Adrenalize 3.00 That Film Show 3.30 Byte Me 4.00 e-trippers 4.30 Boardstupid 5.00-6.00pm buzz:tracks

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm
LLTV – Local Life

Tuesday 25 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Flying Rhino Junior High 6.00 Fat Dog Mendoza 7.00 Tom and Jerry 8.00 Dexter's Laboratory 9.00 Angela Anaconda 10.00 The Powerpuff Girls 11.00 Dragonball Z 12noon Scooby-Doo 12.30pm Looney Tunes 1.00 Scooby-Doo 1.30 Cow and Chicken 2.00 Scooby-Doo 2.30 Mike, Lu and Og

NICKELODEON
FAMILY PACK

7.00am Transylvania Pet Shop 7.30 Transylvania Pet Shop 8.00 Ren and Stimpy 8.30 Ren and Stimpy 9.00 Kenan and Kel 9.30 Kenan and Kel 10.00 Sister Sister 10.30 Sister Sister 11.00 Cousin Skeeter 11.30 Cousin Skeeter 12noon Rugrats 12.30pm Rugrats 1.00 Rocket Power 1.30 Rocket Power 2.00 Rocket Power 2.30 Rocket Power

FOX KIDS
FAMILY PACK

6.00am Oggy 6.10 Bad Dog 6.30 Bobby's World 6.55 Jim Button 7.15 Walter Melon 7.40 Inspector Gadget 8.00 Oggy 8.10 Biker Mice 8.30 Dennis and Gnasher 8.55 Sailor Moon 9.15 Sailor Moon 9.40 Digimon 10.00 Power Rangers 10.20 Monster Rancher 10.45 Masked Rider 11.05 X-Men 11.30 Spy Dogs 11.50 Ace Ventura 12.15pm Walter Melon 12.35 Inspector Gadget 1.00 Woody 1.10 Casper 1.30 Donkey Kong 1.55 Dennis and Gnasher 2.20 Life with Louie 2.40 Princess Sissi

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Naqab 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Kabhi Yeh Kabhi Woh 12.30pm Galatnaama 1.00 Katha Sagar 1.30 FILM 4.00 Akbar Birbal 4.30 Aarthi 5.00 Majdhaar 6.00 Main Anari Tu Anari 6.30 MTV 7.00 Katha Sagar 7.30 News 8.00 Kabhie Kabhie 8.30 FILM 11.30 News 12midnight MTV 12.30am Kabhie 1.00 FILM 4.00 Main Anari Tu Anari 4.30 Kabhi Yeh Kabhi Woh 5.00 Majdhaar 6.00 Akbar Birbal 6.30 DD Programme 7.00-7.30am Jai Veer Hanuman

DISCOVERY
WORLD PACK

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Science 1.15 Asian 1.30 World Report 2.30 Showbiz 3.30 Sport 4.30 World Beat 5.00 Larry King 7.30 World Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 World View 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia 1.45 Asia 2.00 Larry King 4.30-5.00am American

ZEE TV
ADD-ON CHANNEL

6.00am Aap Ki Farmaish 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Iskcon 7.30 News 8.00 Out and About 8.30 Teacher 9.00 Aashiana 9.30 Lakeerein 10.00 Rehne Do 11.00 Khana Khazana 11.30 Aangan 12noon FILM 3.00pm Hadd Kar Di 3.30 Top of the Tops 4.00 Raahat 4.30 Callmate Top Ten 5.30 Aangan 6.00 Gubbare 7.00 Ikke Pe Ikka 7.30 Chalo Cinema 8.00 News 8.30 Janam 9.00 A Day Out with a Star 9.30 Daayre 10.00 Thriller at 10 10.30 Mahabharat 11.30 Nagin 12midnight Punjabi News 12.15am News 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00-6.00am VCD Zabardast

3.00 PM

3.00 Scooby-Doo
More spooky schemes.
3.30
Dexter's Laboratory
Chemical chaos with the bedroom professor.

3.00 Rocket Power
Animation following a group of friends who indulge in extreme sports.
3.30 Rocket Power
Californian cartoon.

3.00 Princess Starla and the Jewel Riders
3.20 Sailor Moon
The adventures of the élite schoolgirl crime-fighters.
3.45 Mighty Morphin' Power Rangers
4.05 Mighty Morphin' Power Rangers
4.30 Digimon
4.50 Masked Rider
The adventures of the teenage alien superhero.
5.15
Monster Rancher
5.35
Biker Mice from Mars
The rodents battle it out.
6.00 The New Addams Family
6.25 Casper
6.35-7.00pm
Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection 7.00 Holiday Shop! 7.30 Jewellery Shop! 8.30 Holiday Shop! 9.30 Kids Shop! 10.00 Jewellery Shop! 11.00 Christmas Preview 12noon Shop! Outlet 12.30pm Shop! Selection
A round-up of all the best-sellers on Shop!
1.30 Shop! Special 2.30 Clothes Shop! 3.30 Christmas Preview 4.30 Kitchen Shop! 5.30 Shop! Preview 6.00 Shop! Selection 7.00-7.30pm Christmas Preview

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 The Book Show 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 The Book Show 4.30 Showbiz Weekly 5.30-6.00am CBS Evening News

4.00 PM

4.00pm Rex Hunt Fishing Adventures
Rex, Steve and Buschy continue their sojourn on Hartog Island.
4.30 Discovery Today

4.00 Scooby-Doo
More spooky schemes.
4.30
The Powerpuff Girls
Trouble in Townsville calls out the three heroines.

4.00 Kenan and Kel
The wild adventures of two funky friends.
4.30 Kenan and Kel
With Kenan Thompson and Kel Mitchell.

5.00 PM

5.00
Eye on the World
The Camera at War
A look at how the camera became a deadly instrument of war.

5.00 Scooby-Doo
More spooky schemes with the hungry hound and the young detectives.
5.30
Pinky and the Brain

5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* at 6.00am followed by children's shows. Saturdays: Children's programming and a round-up of the week's news in *The Review*. Sundays: Highlights include a *Pokémon* triple bill and *The Review*.

6.00 PM

6.00
Profiles of Nature
Lizards – Hunters and the Hunted
Fascinating facts about reptilian behaviour.

6.00 Tom and Jerry
Madcap comic antics with the cat and mouse duo.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.

6.30-7.00pm Are You Afraid of the Dark?

7.00 PM

7.00 Secret Mountain
A suitable route to the summit is discovered, plus a look at why last year's expedition failed.
7.30 Discovery Today

7.00 Scooby-Doo
7.30 Looney Tunes
Classic capers.
8.00
Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

7.00pm
Grace Under Fire
7.30
Caroline in the City

8.00 PM

8.00 Banished: Living with Leprosy
Sufferers talk frankly about the disease which still afflicts many people in the developing world.

TCM
FAMILY PACK

9.00pm FILM: Ride the High Country
Randolph Scott
Western. An ageing lawman and his old side-kick take a job transporting gold to a small-town bank. But temptation soon tests those involved.
Widescreen *1962*
10.50-1.00am
FILM: Guns for San Sebastian
Anthony Quinn, Anjanette Comer, Charles Bronson
Western. *1968*

8.00 Ellen
Two Mammograms and a Wedding
8.30 Just Shoot Me
Nina's Bikini
Nina's joy is short-lived.

9.00 PM

9.00
The Knights Templar
Frontier
9.30
The Knights Templar
Legend

9.00 Married... With Children
Peggy Sue got Work
9.30 Cybill
Once, Twice, Three Times a Lady

10.00 PM

10.00 Wheels at War
10.30
Diving with the Force
NEW Follow the work of the Thames Valley Underwater Search Unit.

10.00 Frasier
The Zoo Story
A new agent negotiates Frasier's contract.
10.30 Harry Hill
Surreal comedy show.

11.00 PM

11.00
Beyond the Horizon with the Red Arrows
11.30 Super Reality
NEW A profile of British racing-car design.

11.00
The Jack Dee Show
Acerbic humour with the deadpan comedian.
11.30 Cheers
Cry Harder

12.00 NIGHT TIME

12midnight Time Team
Templecombe
The team visits the village of Templecombe in search of the Templars.
1.00am Future Tense
Transport
Transportation for the future.
1.30-2.00am
Discovery Today

CARTOON NETWORK:
1.00am The Moomins 1.30 The Magic Roundabout 2.00 Tabaluga 2.30 Blinky Bill 3.00 The Tidings 3.30 The Fruitties 4.00 The Moomins 4.30-5.00am The Magic Roundabout

12midnight Roseanne 12.30am Clive Anderson Talks Back 1.10 NewsRadio 1.35 Duckman 2.00 Hitz 2.30 Encore Encore! 3.00 It's Garry Shandling's Show 3.30-4.00am Abbot and Costello

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et Le Journal du Temps 7.00 Journal 7.30 Découverte 8.00 Infos 8.05 Zig Zag Café 9.00 Journal Télévisé 9.15 Inédits 10.00 Claire Lamarche 11.00 Infos 11.05 Questions 11.30 Journal Télévisé 12noon Infos 12.05pm Documentaire 1.00 Journal Télévisé 1.15 Cinéma: Les Anées Sandwiches 3.00 Journal 3.15 Questions 3.30 Taxi pour L'Amérique 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal Télévisé 5.15 Cinéma: Les Anées Sandwiches 7.00 Journal Télévisé 7.30 Journal 8.00 Infos 8.05 Temps Présent 9.00 Journal Télévisé 9.15 Police Judiciare 11.00 Journal de la RTBF 11.30-12midnight Soir 3

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Good News 5.30 Gospel Truth: Andrew Wommack 6.00 Hour of Deliverance 6.30 Changing Your World 7.30 This is Your Day 8.00 CMTV 8.20 Thought for the Day 8.30 Life in the Word 9.00 Rhema Praise 9.30 Winning Ways: Matthew Ashimolowo 10.00 CMTV 10.30-11.00am 700 Club Reply

THE HISTORY CHANNEL
WORLD PACK

12noon Project Underworld 12.55pm Photos for the Future II 1.00 Design and Construction 2.00 Biography *Leonardo da Vinci* 3.00 Fabulous Fortunes *Wages of War – The Costs of War* 3.30 Playback with Eve Pollard 4.00 The Thinking Weapon 5.00 Forts

6.00 The Bloody Tower of London
A look at the bloody past of the tower of power.
6.55 Photos for the Future II 7.00 Propulsion 8.00 Biography *Michelango* 9.00 Great Crimes and Trials *US Brinks Robbery* 9.30-10.00pm Great Crimes and Trials *The Jonestown* Massacre

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Christmas in July all day.

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.30 Wall Street Report 2.45 Focus on Eastern Europe 3.45-6.00am Kavanagh's Picks

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am House of Lords 7.00 The Record 7.30 House of Lords 10.00 Westminster Hall 1.00pm House of Lords 2.30 House of Commons 11.00-11.30pm The Record

free COMPATIBILITY TEST

There's never been a better time to find your perfect life partner!

Do you want to find a loving partner for the millennium?

Record numbers of single people have already decided – they do!

The Association of British Introduction Agencies have reported a 35% increase in registrations for the first quarter of '99 over that of previous years. In fact we saw our own membership jump by an amazing 50% for the same period. So if you want to meet the partner of your dreams then now really is an ideal time to do it.

You could find the person you have been looking for – a partner or a friend. Someone who is always there for you, a person who completely understands you and accepts you for yourself. However discerning you are – Dateline makes the search for your perfect partner really simple. In terms of service and the number of people you can meet we provide real value – probably the best investment in your social life and future you could ever wish to make.

Stop Press: Partners Wanted!

We have many thousands of people from all walks of life and all areas of Britain just waiting to be matched with compatible partners. One of them may be YOUR perfect partner – it could even be one of the following, real-life examples of our members*:

- **Samantha**, *26, from Southampton, is a slim and attractive Hotel Receptionist. She enjoys eating out and the cinema and considers herself affectionate and adventurous.*
- **Jeremy** *from Truro is a 44 year old teacher. He loves the theatre, cinema and enjoys cooking and entertaining at home. He also enjoys travelling abroad and sightseeing. He is intellectual but also friendly and considerate.*
- **Christine** *is a 42 year old Manager from Chester. An attractive non-smoker, she enjoys social drinking, dinner parties and the cinema. She describes herself as confident and friendly.*
- **John** *is a 25 year old Pensions Administrator from Ashford. He is a non-smoker and occasional drinker who enjoys sport, motoring and mixing with friends. He considers himself to be patient, reliable and positive.*
- **Paula** *is 20, averagely attractive and from London. She is a chef who enjoys listening to pop music, going to parties and clubs. She also enjoys watching television and keeping fit and is lively and fashionable.*
- **David** *is a 55 year old Chartered Engineer from Leeds. In his spare time he enjoys a mixture of classical and pop/rock music as well as walking, DIY and keeping fit. He describes himself as sensitive and ambitious.*

*Names have been changed for reasons of privacy.

YOUR DETAILS

Mr ☐ Mrs ☐ Ms ☐

Surname:

First Name:

Address:

Post Code:

Tel No.

I am seriously interested in meeting a partner through Dateline.

Marital Status:

☐ Single ☐ Divorced
☐ Widowed ☐ Separated

Age: Height:

Occupation

Religion:

Build:

☐ Slight
☐ Medium
☐ Large

Attractiveness:

☐ V. Attractive
☐ Attractive
☐ Average

YOUR PERSONALITY

Tick which traits closely describe you

☐ Affectionate ☐ Fashionable
☐ Serious ☐ Practical
☐ Considerate ☐ Conventional
☐ Shy ☐ Reliable
☐ Romantic ☐ Adventurous

YOUR INTERESTS

Please tick for a liking, cross for a dislike or leave blank for 'no pref.

☐ Wining/Dining ☐ Jazz/Folk music
☐ Pubs ☐ Classical music
☐ Sports/Keep fit ☐ Theatre/Arts
☐ Politics/History ☐ Watching TV
☐ Reading ☐ Smoking
☐ Travelling ☐ Mixing with friends
☐ Science/Tech ☐ Children
☐ Cinema ☐ Homemaking
☐ Pets/Animals ☐ Gardening
☐ Pop music ☐ Countryside

YOUR ATTITUDES

Tick for yes, cross for no or leave blank if you don't feel strongly

☐ I prefer town life
☐ I involve myself in community activities
☐ I have many friends of my own sex
☐ I am interested in current affairs
☐ I am looking for one special relationship
☐ I like team activities
☐ My work makes it difficult to meet new people
☐ I want to extend my social life as well as finding a special relationship

YOUR IDEAL PARTNER

Min. age: Max. age:

Height: min. max.

☐ Don't mind

Marital Status:

☐ Single ☐ Divorced
☐ Widowed ☐ Separated
☐ Don't mind

Build:

☐ Slight
☐ Medium
☐ Large

Attractiveness:

☐ V. Attractive
☐ Attractive
☐ Average

TO RECEIVE YOUR FREE TEST

Send this entire page (1st or 2nd class) to:

Dateline, St Peter Port, Guernsey. GY1 1WF

As soon as we receive your completed questionnaire from this page, we'll immediately send you the name and description of someone who could be YOUR ideal partner – absolutely FREE of charge, in complete confidence and with no obligation whatsoever. So what have you got to lose?

Dept. CAG 12

instant free compatibility test on our interactive website

www.dateline.co.uk

call our information line any time on: 08700 766 262

Wednesday 26 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Love After Death
1998, rating Sky U, 87 mins
7.30 Under the Lighthouse Dancing
1996, rating Sky PG, DS, 90 mins
9.15 Rusty: The Great Rescue
1997, rating Sky U, DS, 88 mins
11.00 Blackbeard's Ghost
1967, rating Sky U, 103 mins
1.00pm Mousehunt
Text *1997, rating Sky PG, 94 mins*
2.40 Love After Death
Walter Matthau, Carol Burnett, John Stamos, Teri Polo
Romantic drama about a man who finds himself alone after his wife of 40 years passes away. When the father falls for a feisty lady, his new-found happiness threatens to drive a wedge between family members. *1998, rating Sky U, 87 mins*

4.25 Sinbad and the Eye of the Tiger
Patrick Wayne, Jane Seymour, Taryn Power, Margaret Whiting
Fantasy adventure. The legendary sea-faring hero attempts to set free a prince from a curse which has turned him into a monkey. *1977, rating Sky PG, 108 mins*

6.15 Mousehunt
Nathan Lane, Lee Evans, Vicki Lewis, Maury Chaykin
Slapstick comedy following the misfortunes of two hard-up brothers whose plans to renovate and sell a valuable building are thwarted by a smart and tricky rodent who refuses to leave the residence. Text *1997, rating Sky PG, 94 mins*

8.00 A Perfect Murder
Michael Douglas, Gwyneth Paltrow, Viggo Mortensen
Taut thriller. A slick high-powered businessman learns that his beautiful wife is having an affair with an artist. When he learns that the adulterer is an ex-con, the husband tempts him with a shocking proposal – the murder of his wife. Text *1998, rating Sky 15, 103 mins*

10.00 The Exorcist
Ellen Burstyn, Max Von Sydow, Lee J Cobb, Linda Blair
Cult horror about a young girl who becomes possessed by a powerful demon. Her desperate parents call on the Church to cure their daughter of her bizarre supernatural powers, and chaos is unleashed as the priest begins his gruesome exorcism. Text *1973, rating Sky 18, 117 mins*

12midnight Touch
Subtle comedy. Text *1998, rating Sky 15, DS, 93 mins*
1.40am Sweeney Todd
Text *1997, rating Sky 15, 88 mins*
3.15 Sibling Rivalry
1990, rating Sky 15, 84 mins
4.45-6.20am Rusty: The Great Rescue
1997, rating Sky U, DS, 88 mins

SKY MOVIEMAX
PREMIUM CHANNEL

6.10am Where the Red Fern Grows
1974, rating Sky PG, 97 mins
8.00 All of It
1998, rating Sky PG, 81 mins
10.00 Never Tell Me Never
1997, rating Sky U, DS, 96 mins
12noon Where the Red Fern Grows
1974, rating Sky PG, 97 mins
2.00pm All of It
Lesley Ann Warren, Alanna Ubach, James Rebhorn, Michael Silver
Drama about a professional woman whose visit home opens her eyes to the dysfunctional family life she has left behind. She resolves never to fall into the same trap. *1998, rating Sky PG, 81 mins*

4.00 Never Tell Me Never
Claudia Karvan, Diane Craig, Paul Bishop, Malcolm Kennard
Drama based on the true story of an Olympic hopeful cross-country skier whose career dreams are shattered after an accident. Rendered paraplegic, she summons up the willpower and strength to defy the odds and learn to walk again. *1997, rating Sky U, DS, 96 mins*

6.00 To Love, Honor and Betray
Crystal Bernard, James Brolin David Cubitt, Philip Akin
Fact-based thriller in which a young woman, aware that her father is having an affair with another woman, becomes suspicious and then convinced of his guilt when her mother is found murdered. *1999, rating Sky PG, 86 mins*

8.00 If Only
Lena Headey, Douglas Henshall, Gustavo Salmerón
Romantic drama in which an out-of-work actor realises too late that he truly loves his ex-girlfriend. But, after an encounter with two mystical garbage men, he is transported back in time and given a second chance to do right by his lost love. Text *1998, rating Sky 15, 91 mins*

10.00 When Trumpets Fade
Ron Eldard, Frank Whaley, Zak Orth, Dylan Bruno
PREMIERE World War II drama about a private whose hopes to be sent home are dashed when he's promoted to sergeant. *1998, rating Sky 15, DS, 89 mins*
11.35 Purgatory
Randy Quaid, Eric Roberts, Sam Shepard, Brad Rowe
Fantasy western. Text *1999, rating Sky 15, DS, 91 mins*
1.10am Desire and Hell at Sunset Motel
1991, rating Sky 15, 95 mins
2.50 Baby Comes Home
1980, rating Sky PG, 92 mins
4.30-6.25am Where the Red Fern Grows
1974, rating Sky PG, 97 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled
on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm Big Jim McLain
John Wayne, Nancy Olson, James Arness, Alan Napier
Spy drama centring on a macho agent and his partner who travel to Hawaii to break up a ring of Communist Party activists. However, the plot thickens when he falls for the suspected underground leader of the illegal organisation. *1952, rating Sky U, 86 mins*

6.00 Sinbad the Sailor
Douglas Fairbanks Jr, Maureen O'Hara, Walter Slezak
Epic adventure as the fabled pirate embarks on another perilous voyage to a mysterious island where treasure is said to be held. As ever his adversary will stop at nothing, using supernatural powers to deceive him, to get there first. *1947, rating Sky U, 112 mins*

8.00 Along the Great Divide
Kirk Douglas, Walter Brennan, Virginia Mayo, Ray Teal
Western drama in which a marshal who has saved a condemned man's life sets out to find the real culprit. *1951, rating Sky 12, 84 mins*
9.30 Brave New World
Bud Cort, Julie Corb, Kristoffer Tabori, Keir Dullea
Sci-fi drama adaptation of the classic 1932 Aldous Huxley novel set 600 years in the future. In this well-ordered society, the citizens are required to take mind-controlling drugs and sex without love is compulsory. However, society's lack of humanity inspires loud and dangerous dissent from two free-thinkers who still hold on to values from the distant past. *1978, rating Sky 12, 181 mins*
12.40am Walker
Ed Harris, Marlee Matlin
Biopic. *1987, rating Sky 18, 90 mins*
2.15 Alex and the Gypsy
Romantic drama. *1976, rating Sky 15, 95 mins*
3.55-5.45am Titanic
Epic disaster movie. *1953, rating Sky PG, 94 mins*

Ron Eldard commands the thin red line in the premiere of 'When Trumpets Fade'. Sky MovieMax 10.00pm

FILMFOUR
ADD-ON CHANNEL

6.00pm The Testament of Dr Mabuse
Rudolf Klein-Rogge, Otto Wernicke, Gustav Diesl
Horror. A master criminal runs his crime empire from within the walls of a lunatic asylum. He is also planning the destruction of the world, an event which he has plotted so carefully that not even his own death can prevent it. *1933, 112 mins*

8.00 Equinox
Mathew Modine, Lori Singer, Lara Flynn Boyle, Tyra Ferrel
Off-beat drama about twins separated at birth, one of them becomes a gangster and hired killer, the other an emmotionally fragile car mechanic. When their mother dies, their polar worlds must meet to collect the inheritance. *1993, 106 mins*

9.50 Just Desserts

10.00pm A Life Less Ordinary
Ewan McGregor, Cameron Diaz, Holly Hunter, Delroy Lindo
Comedy about an outsider in a menial job, fired, thrown out of his home and dumped by his girl. He decides his fortune rests with kidnapping the boss's daughter but soon the tables are reversed. *1997, 99 mins*

11.50 Night on Earth
Winona Ryder, Gena Rowlands
Road movie. *1991, 123 mins*
2.00am Surf's Up
2.10 La Grande Bouffe
Marcello Mastrioanni, Ugo Tognazzi
Satirical comedy *1973, 124 mins*
4.20-5.50am The Lodger
June Marie Ault, Arthur Chesney
Crime thriller. *1926, 75 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Notorious
Cary Grant, Ingrid Bergman, Claude Rains, Louis Calhern
Classic romantic thriller in which the daughter of a convicted traitor is enlisted by a suave American agent to help foil a Nazi plot. He persuades her to play with fire and become romantically involved with the syndicate leader in order to glean information. *1946 101 mins*

9.00 The Wilby Conspiracy
Sydney Poitier, Michael Caine, Nicol Williamson, Prunella Gee
Polical thriller set in South Africa under apartheid. A black revolutionary finds himself on the run with a reluctant British mining engineer as the racist officials hope that they'll lead them to the hideout of the chief activist. *1975, 104 mins*

11.00 A Day in October
DB Sweeney, Kelly Wolf
Romanic drama, set during World War II, about a family harbouring a wounded member of the Resistance in Nazi occupied Denmark. *1991, 97 mins*
1.00am Eagles Wing
British Western. *1979, 111 mins*
3.00 Quintet
Bleak futuristic thriller. Widescreen *1979, 110 mins*
5.00-7.00am Miracle on Main Street
Yuletide drama. *1939, 68 mins*

MORNING | 3.00 PM | 4.00 PM | 5.00 PM | 6.00 PM | 7.00 PM | 8.00 PM | 9.00 PM | 10.00 PM | 11.00 PM | 12.00 NIGHT TIME

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

THE BIG HIT
Rating 18, 88 mins
Dark comedy. A group of hitmen take on what they think will be an easy kidnap job – only to find that the target is their boss' godson. Stars Mark Wahlberg and Lou Diamond Phillips.
T/C: Action kidnapping.
BL: Frequent, coarse.
S/N: Infrequent, mild.
V: Frequent, strong.
6.40pm, 8.30pm, 10.20pm, 12.10am, 2.00am, 3.50am

Channel 53

PARTING SHOTS
Rating 12, 95 mins
Comedy. A once-fashionable photographer learns he is dying and decides to take revenge on the people who betrayed him. But first, he needs to get a gun. Stars Chris Rea and John Cleese.
T/C: Black comedy, revenge.
BL: Infrequent, mild.
S/N: Infrequent, mild.
V: Some moderate.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon 10.00 Pokémon 10.30 The Simpsons Text 11.00 World Wrestling Federation – Superstars 12noon The New Adventures of Superman 1.00pm Dream Team Omnibus Text 2.00 Mega Babies 2.30 Godzilla

3.00 Mummies Alive
We've Got One
Doctors tend to Rath.
3.30 Pokémon
Pokémon Paparazzi
A new friend harbours a secret.
4.00 Pokémon
The Ultimate Test
Ash signs up for a big exam.
4.30 Pokémon
Princess vs Princess
Misty and Jessie compete.
5.00 Star Trek
Science fiction adventures from the long-running series.

6.00
Xena: Warrior Princess
Kindred Spirits
Queen Gabrielle must choose between settling down or life on the road with Xena.
7.00 The Simpsons
Marge Simpson in Screaming Yellow Honkers Text
7.30 The Simpsons
Make Room for Lisa
Lisa shows signs of stress. Text
8.00 The Best of Star Gate
New Ground
SG-1's arrival on a planet makes them pawns in an ideological war.

9.00 Good vs Evil
Renunciation
Henry is given the overwhelming task of persuading the man who murdered him to renounce his Faustian deal.
10.00 Cons
Love
This episode examines how inmates handle their basic desires for affection, loving relationships and sex.
11.00 America's Dumbest Criminals
A robber passes out. Text
11.30 America's Dumbest Criminals
More foolish felons. Text
12midnight Star Trek
1.00am New York Undercover
Descell
A racist manager of a petrol company is killed by an angry employee. Meanwhile, JC and his son G share a common interest in G's French teacher. Text
2.00-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am 'Allo 'Allo! Text 6.40 Bread Text 7.15 The Brittas Empire 7.50 Birds of a Feather Text 8.25 EastEnders Text 9.00 The Bill Text 9.30 The Bill Text 10.00 Bergerac 11.00 Knots Landing 11.55 Neighbours 12.25pm EastEnders Text 1.00 Dangerfield 2.00 Knots Landing

3.00 The Bill
Punchbag
Skase and Croft argue. Text
3.30 The Bill
Best Eaten Cold
Police drama. Text
4.00 EastEnders
Grant can't understand Sharon's strange behaviour. Text
4.35 Neighbours
Philip tells Julie how he really feels about having another child.
5.00 'Allo 'Allo!
The plans of the retreating Germans conflict with those of the good folk of Nouvion. Text
5.40 Bread
Mr Boswell is tried for stealing the Corporation dustcart. Text
6.20 The Brittas Empire
The Last Day
Brittas prepares for his departure to Brussels as European Commissioner for Sport.
7.00 Just Good Friends
Penny and Vince return from an unexpected rendezvous in Paris to pursue their separate careers.
7.40 Birds of a Feather
Essex Patient
Sharon is too ill to work, and Garth will not leave home. Text
8.20 Kiss Me Kate
One Night Stand
Kate is in need of some emotional support. Text
9.00 Taggart
Legends – Part II
Marie McDonald, former keyboard player with 1960s pop group The Adders, is suspected of murdering two members of the band. With James Macpherson.
10.10
My Summer with Des
Comedy drama set in the summer of Euro 96. A man gives up his job in order to watch the tournament, only to see England draw in the first game, but with the help of Des Lynam, and the appearance of a mysterious woman, England start to win. Text
11.50 The Bill Text
12.25am The Bill Text
12.55 Casualty
Out of Control
2.00 EastEnders Text
2.40 Kiss Me Kate Text
3.20 Whatever Happened to the Likely Lads?
4.00 The Liver Birds
4.40 Dynasty

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 Little Miracles 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich

3.20 Relationship SOS
Programme giving advice to people who need to revamp their relationships.
3.50 Forgive or Forget
Host Mother Love deals with real-life problems in a variety of relationships.
4.40 Oh Baby
Sitcom about a successful single woman who had a baby by artificial insemination.
5.05 Streetmate
Davina McCall scours the country for single people.
5.35 Ready, Steady, Cook
Cookery show in which two top chefs compete against the clock.
6.10
The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in lively debate.
7.00 Judge Judy
Judy Sheindlin presides over real-life cases and conflicts.
7.30 Will and Grace
American sitcom about two mismatched roommates.
8.00 Charmed
Drama series about three sisters who move into a house left to them by their grandmother – only to find they have inherited her powers of witchcraft as well.
9.00 FILM: Blind Date
Bruce Willis, Kim Basinger, John Larroquette, William Daniels
Farcical comedy. A businessman trying to climb the corporate ladder pays a high price for ignoring his beautiful escort's allergy to alcohol when his job becomes a write-off, and her ex chases them across town. *1987*
10.50 Secret Suburbia
A look at some seemingly ordinary suburban residents and their extraordinary lives.

11.20-12midnight Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 Home to Roost 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

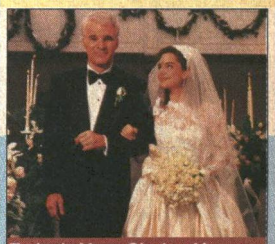
3.00 Boon
The Not So Lone Ranger
Boon and Margaret come to the aid of a jockey whose wife has been kidnapped in order to force him to lose a race.
4.00 Kojak
A Killing in the Second House
A former police detective-turned-unscrupulous private investigator tries to make a client's suicide look like murder.
5.00 Hart to Hart
Sixth Sense
An experiment in ESP leads the Harts into a bizarre murder investigation involving twins separated at birth.
6.00 Emmerdale
Dave and Kathy's night out ends in tears. Text
6.30
Classic Coronation Street
Alf and Audrey marry. Text
7.00 Sorry!
A Fool and His Money
Timothy shows his gullibility.
7.30 Robin's Nest
Three Times Table
Robin decides to 'go continental'.
8.00 Boon
Walking Off Air
Harry and Boon move to Nottingham, where Boon's first assignment is to act as bodyguard to a local DJ.
9.00 Kojak
Mouse
Kojak investigates the case of a seemingly timid man who suddenly turns to acts of violence.
10.00-11.00pm Taggart
Gingerbread – Part II

GRANADA MEN & MOTORS
ACTION PACK

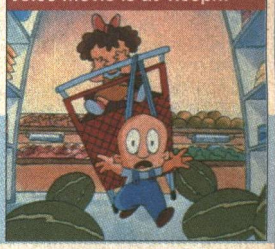
11.00pm Sex TV
Late-night series which goes under the covers of the steamy world of movie-making.
11.30 Sexy Shorts
Late-night music show.
12midnight South Beach Model Search
The final in the series of half-hour shows, filmed at Miami Beach, Florida, in which a troupe of bikini-clad beauties strut their stuff.
12.30am E! Wild On...
Spain
1.20 Sexy Shorts
1.50-2.00am Crash of the Titans

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

4.30am Pooh 4.45 Music Time 4.50 Rolie Polie Olie 5.00 Bear in the Big Blue House 5.25 Art Play 5.30 PB and J Otter 5.45 Bite Size 6.00 Toons 6.05 Circle Time 6.10 Rolie Polie Olie 6.20 Spot 6.30 Out of the Box 7.00 Mickey Mouseworks 7.30 101 Dalmatians 8.00-1.00pmYour Choice Your Voice 1.00 FILM: Father of the Bride or Bad Baby 2.30-7.00 Your Choice Your Voice



Today's Your Choice Your Voice movie is at 1.00pm



7.00 FILM: Peter Pan
Voices of Bobby Driscoll, Kathryn Beaumont, Hans Conried
Animated version of the magical story by J.M. Barrie. The feature-length film boasts seven songs and all the old favourite characters. Text *1953*
8.20 Honey, I Shrunk the Kids: The TV Show
Serious scientific fun in the Szalinski household. Text
9.00 Flipper
Live action marine adventure in Florida with TV's most famous and fabulous dolphin. Text
9.45 Dinosaurs
Prehistoric fun. Text
10.10 Home Improvement
Comedy double bill. Text
11.00
Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

WEDNESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

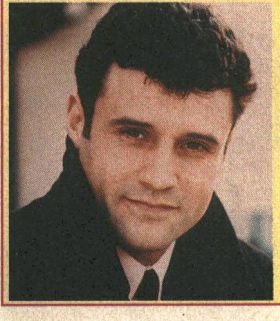
FILM

Touch
Sky Premier 12midnight
This virtually forgotten film from Paul Schrader might be adapted from an Elmore Leonard novel, but don't expect any hip crime complications. It uses the story of a young man with the power to heal (Skeet Ulrich) to take swipes at religious hucksterism and the media.

GENERAL

Good vs Evil
Sky One 9.00pm
The immortal battle of *Good vs Evil* continues with Chandler and Henry pooling their efforts on behalf of the Almighty Corps. Today Henry is given the uncomfortable task of persuading his nemesis, the man who murdered him, to renounce his Faustian deal.

ADVERTISEMENT
UK STYLE



REAL ROOMS
7.00PM
A new series of the popular makeover show in which Simon Biagi and his team of expert decorators visit viewers homes to transform rooms in urgent need of a revamp.

Wednesday 26 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Grand Touring
8.30 Football
Coverage of a friendly.
10.00 Sumo
11.00 Sailing
11.30 Golf
Coverage of the US Senior Ford Senior Players Championship at the TPC of Michigan in Dearborn.
12.30pm Tennis – LIVE
Action from the ATP Tournament in Kitzbühel, Austria. The Generali Open has been won for the last two years by Albert Costa from Spain.

3.00 PM

4.00 PM
4.00 Truck Sports
Coverage from the 2000 Europa Truck Trial in Roppen, Austria.

5.00 PM
5.00
Start Your Engines
Motorsports news with a look at the latest Indy Racing League, CART and NASCAR news.

6.00 PM
6.00 Athletics – LIVE
Action from the IAAF Permit Meeting in Barcelona, where some international stars are expected to compete.

7.00 PM
7.30 Football – LIVE
Coverage of the qualifying round of the Uefa Champions' League.

8.00 PM

9.00 PM
9.30 Euro 2000
Highlights from this year's competition.

10.00 PM

11.00 PM
11.30-12.30am
Xtreme Sports
YOZ
Extreme sports magazine.

12.00 NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre 7.15 World Wrestling Federation – Metal 8.15 Sky Sports Centre 8.30 Racing News 9.00 European Beach Soccer 10.00 Aerobics Oz Style 10.30 Asian Sports Show 11.00 Rugby League Academy 12noon Aerobics Oz Style 12.30pm Fastrax 1.00 Ringside Special

3.00 Golf Extra
Dominik Holyer hosts the show that keeps golf fans up to date with all the latest news from the major tours on the current golfing circuit. With a look ahead to forthcoming events, behind the scenes features and interviews with the stars of the game.

5.00 World Wrestling Federation – Metal
Michael Cole and Kevin Kelly provide up-to-the-minute news.

6.00
Sky Sports Centre
6.30 European Beach Soccer
Watch some of the world's best players take to the beach to show off their silky skills.
7.30 Masters Football: London Masters – LIVE
London Docklands Arena goes back in time as the footballing stars of yesteryear compete in the London Masters tournament. Players from Arsenal, Charlton Athletic, Chelsea, Tottenham Hotspur, West Ham United and Wimbledon compete in a round robin format with the top two teams making the final. A place in the grand final in October awaits the winners.
10.30
Sky Sports Centre
10.45 Cricket: NatWest Trophy – Quarter-Final
Action from the quarter-finals of the prized national cricket cup which Gloucestershire will be defending fiercely.
12.15am Sky Sports Centre 12.30 European Beach Soccer 1.30 World Cup Football: Official FIFA Film – 1962 World Cup 3.15 Superbowl XXXIV 3.30 Rugby League World 5.00-5.15am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style 7.30 Sky Sports Centre 7.45 Racing News 8.15 Fastrax 8.45 Sky Sports 9.00 Sports Unlimited 10.00 World Cup Football: – 1958 World Cup 11.45 Sky Sports Classics: FA Cup Classics Arsenal v Man Utd 12noon European Beach Soccer 1.00pm Darts: World Matchplay 2000 – LIVE
Third day action from the Winter Gardens, Blackpool, as the World Matchplay 2000 championship steps up a gear. 32 of the world's best players are competing for the trophy and of course the majority of the £83,000 prize fund. Defending champion Rod Harrington is one of the favourites but he will be wary of the threat posed by world number one Phil Taylor.

5.00 Telegraph Action Sport
Includes previously unaired footage.
5.30 Wild Spirits
Wild sports series.

6.00
Watersports World
From powerboating and jetskiing to water-skiing and canoeing, a guide to the best action on water.
7.00 Darts: World Matchplay 2000 – LIVE
Coverage from Blackpool's Winter Gardens as the world's top darts players compete in the World Matchplay 2000 championship.

11.00
British Superbike: Full Throttle
Keith Huewen revs up for another ride through the British Superbike scene.
12midnight Australian Rally Championships 12.30am Telegraph Action Sport 1.00 Wild Spirits 1.30 Speedway League: Peterborough v Ipswich 4.00-4.15am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon
World Tenpin Masters
Bowling coverage from the World Tenpin Master at the Milton Keynes Shopping Centre in Middleton Hall.
1.00pm Sports Unlimited
For a look at the world of alternative sports.
2.00 Big Fights: Henry Armstrong
Profile of a legend.

3.00
World Cup Football: Official FIFA Film – 1962 World Cup
Historic football action from the 1962 World Cup, featuring an irresistable Brazilian performance.
4.45 Sky Sports Classics: Superbowl XXXIV St Louis Rams v Tennessee Titans
5.00 Australian Rally Championship
Action from the Australian Rally Championships.
5.30
Euro Tour Weekly

6.00
Rugby League World
All the latest rugby league developments around the world from the battlefields of the Super League to the intensity of the Australian National Rugby League championship.
7.30 Speedway: Speedway League – Peterborough v Ipswich
Jonathan Green hosts the latest action from the Elite Speedway League as the season continues apace. Peterborough are in action against their East Anglian rivals as they look to emulate their successes of the last campaign.

10.00 Steve Davis and Friends
Former world champion Steve Davis chats with stars past and present about classic games.
11.00-11.30pm Brian Moore Interviews: Bob Hatton
Brian Moore talks to former Birmingham City, Bolton Wanderers and Luton Town star Bob Hatton.

SCI-FI
ACTION PACK

8.00am
Battlestar Galactica
9.00 Land of the Giants
10.00 Swamp Thing
10.30 Swamp Thing
11.00
The Six Million Dollar Man
12noon Babylon 5
1.00pm Amazing Stories
1.30 Amazing Stories
Gather Ye Acorns
2.00 Battlestar Galactica

3.00 Sightings
Extraordinary real-life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.

4.00
Land of the Giants
Target: Earth
Mark's knowledge provides the travellers with an opportunity to return home.

5.00 Swamp Thing
Fear Itself
5.30 Swamp Thing
Changes
Dr Ann Fisk returns with a radical theory.

6.00 The Six Million Dollar Man
The Bionic Woman – Part I
Advanced techniques are used to make the first bionic woman.

7.00 Amazing Stories
One for the Road
7.30 Amazing Stories
Gather Ye Acorns
An ancient tree troll offers some sound advice.

8.00 Quantum Leap
The Wrong Stuff
Sam Beckett rockets back to 1961 and finds himself as a chimpanzee in a space capsule.

9.00
The Burning Zone
Elegy for a Dream
Contaminated tattoo ink causes an outbreak of flesh-eating bacteria.

10.00 FILM: Interceptor Force
Oliver Gruner, Brad Dourif, Glenn Plummer
An elite force of mercenaries is dispatched to a remote Mexican town to apprehend the dangerous alien pilot of a UFO that has been shot down by the US Airforce. *1999*
12midnight Lexx
Gametown
1.00am
FILM: 20,000 Leagues under the Sea – Part 1
Jules Verne's classic. *1997*
2.40 Sci-Focus Special
3.00-4.00am Babylon 5
The Illusion of Truth

MTV
MUSIC & GAMES PACK

6.00am Select MTV
8.00 MTV Hits
The latest chart-toppers.
9.00 Bytesize MTV
12noon MTV Hits
12.30pm Daily Edition
1.00 MTV Hits
2.00
The Lick R&B Chart Show
Trevor Nelson takes a look at the latest hits from the world's biggest R&B stars.

3.00 Bytesize MTV
A constant barrage of bizarre moments and highlights from the MTV stations around the world, in short soundbites.

4.00 Select MTV
Viewers get the chance to turn their TV sets into jukeboxes and choose their favourite videos. Presented by Kelly Brook.

6.00 Bytesize MTV
A fast-cut window onto the world of music television, featuring excerpts from MTV stations all around the world.

7.00 MTV Hits
An uninterrupted number of exclusives providing viewers with the latest offerings from their favourite stars.

8.00 The Lick R&B Chart Show
Trevor Nelson presents a countdown of the hottest R&B tracks on the nation's dancefloors.

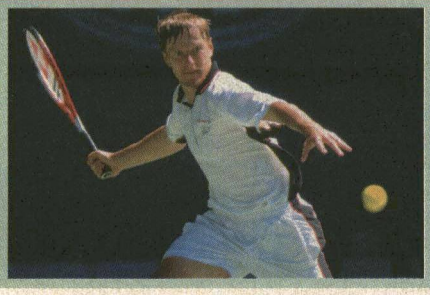
9.00 Daily Edition
The latest celebrity news and showbiz.
9.30 Celebrity Death Match
Clay celebrities fight.

10.00 The Tom Green Show
Anarchic comedy show.
10.30 Loveline USA
Late night relationship and advice show.

11.00 The Late Lick
Brand new videos, news and interviews with the personalities of the R&B scene, presented by Trevor Nelson.
12midnight Yo!
A look at rap music from Grandmaster Flash through to Busta Rhymes.
2.00am-6.00am Night Videos
A VJ-free selection of music videos, charts and features to take you through the night.

LIVE TENNIS: ATP KITZBÜHEL EUROSPORT 12.30PM

The Generali Open 2000 on the clay courts of Kitzbühel's Casino Stadion in Austria is where Spain's Albert Costa attempts a hat-trick. He won last year's final against Fernando Vicente in four sets and has not lost one of his 15 singles matches here in Kitzbühel. The days of Thomas Muster as the local hero are long gone, so the Spaniard is more likely to be challenged by foreign opposition led by the Russian Yevgeny Kafelnikov (pictured).



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Stripsearch: Atlanta 11.15 Playboy's Most Wanted 12midnight Freeview 12.12am The Sex Clinic with Dr Jenny Tulls 12.35 Adult Feature 1.10 FILM: Sex Drive 2.20 Panties 2.50-4.00am FILM: Sapphire

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am FILM: Crows 1.00 The Five Minute Freeview 1.05 FILM Continues 1.20 FILM: Naked Truth *Brittany Andrews* **2.30 FILM: The Boobs File 3.40-4.00am Lesley**

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Wednesday 26 July

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon Behind the Music: Celine Dion
The story of the incredible rise of the pop diva and her relationship with husband Rene Angelil.
1.00pm Greatest Hits: Sade
1.30 Pop-Up Video
2.00 Jukebox
A chance for viewers to pick the music.

4.00 BTM2: Enrique Iglesias
Spotlight on the son of the legendary Julio.
4.30 Greatest Hits: Latino
5.00 Ten of the Best: Martine McCutcheon
The former *EastEnders* star-turned-chart topping singer selects her ten favourite videos of all time.
6.00 Talk Music
Pip Dann and Mark Ellen with the latest music news and live performances.
6.30 Greatest Hits: Sade
7.00 Top Ten
Only the biggest and the best make it onto the VH1 Hits play list.

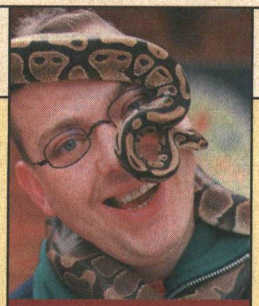
8.00 The Millennium Classic Years: 1991
A look back at the hits and headlines from the year of the attempted coup in the Soviet Union.
9.00 That's Entertainment – Jam Tribute
9.30 Greatest Hits: The Jam
Mod iconography.
10.00 Behind the Music: Elton John
VH1 delves into the music to find the truth about Elton John, an international superstar.
11.00 Behind the Music: 1984
The artists and events of a year that forever changed the face of pop, the year of the rise of the video.
12midnight Pop-Up Video
Top trivia from the irreverent pop-up-video collection.
12.30am Greatest Hits: Sade
1.00 Hey, Watch This!
2.00 VH1 Flipside
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Badlands, South Dakota
1.00 Aspinall's Animals
Fly-on-the-wall documentary following John Aspinall.
1.30 Aspinall's Animals
2.00 Pet Rescue
2.30 Kratt's Creatures
Pan-Troglodytes – An In-Depth Analysis

3.00 K-9 to 5
Series profiling dogs with unique jobs.
3.30 K-9 to 5
A look at the K-9 blood donor programme.
4.00 Animal Planet Unleashed
Howie Watkins presents this magazine programme.
4.30 Croc Files
With Steve and Terri Irwin.
5.00 Pet Rescue
With Wendy Turner and Mark Evans.
5.30 Going Wild with Jeff Corwin
New York
6.00 The Aquanauts
A look at Hawaii Sea Life Park's dolphin-training programme.
6.30 Croc Files
With Steve and Terri Irwin.
7.00 Australia Wild
Night of the Bogongs
7.30 Australia Wild
Clash of the Carnivores
Documentary about the Tasmanian devil.
8.00 Wild Rescues
Incredible tales of people saving animals – and animals saving people.
8.30 Wildlife ER
More animal rescues.
9.00 Crocodile Hunter
Jungle in the Clouds
Steve Irwin treks through the jungles and mountains of New Guinea.
10.00 Shark Secrets
Documentary exploring the reproductive, feeding and survival behaviour of sharks, as well as their incredible diversity.
11.00 Emergency Vets
The vets treat a dog with breathing difficulties.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area



Howie Watkins hosts 'Animal Planet Unleashed'. Animal Planet 4.00pm

ITV2
ACCESS PACK

4.00pm Trisha
Another double bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text

6.00 The Extremists
Extreme sports show.
6.30 Touch Football
More sporting action.
7.00 Amazing Games
Sporting action.
7.30 Karate World Series
Competetive martial arts programme.
8.00 Sunset Beach
Olivia and Caitlin are dismayed that Sean has bought a sports car as a reward for picking Anni.
8.50 Chart Choice
9.00 Grafters
Seeking revenge on Alan, Joe brings in Maureen who discovers Alan in bed with his mistress and then threatens divorce. Text
10.00 Coronation Street
Catch up on the latest from the Street. Text
10.30 Emmerdale
Rural soap. Text
11.00 The Jerry Springer Show
Outrageous American talk show with Jerry Springer.
11.50 The Late Show with David Letterman
Top-rated chat show with host and humourist David Letterman and guests.
12.40am Feaky Stories
Ghoulish animation.
12.50 The Extremists
1.20-1.50am Touch Football

UK STYLE
LIFESTYLE PACK

7.00am Holiday on a Shoestring 7.30 Holiday Swaps 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Changing Rooms: New Zealand 9.30 Real Rooms 10.00 Change That 10.30 A Room with a Clue 11.00 Home Front: Inside Out 12noon Good Living 12.30pm Style Challenge 1.00 Ainsley's Meals in Minutes 1.30 Ready, Steady, Cook 2.00 BBC Gardener of the Year 2.30 Garden Stories

3.00 Home Front in the Garden
Edge
Garden design show.
3.30 Front Gardens
Victorian terrace gardens.
4.00 Stefan's Garden Roadshow
4.30 Good Living
Lifestyle series with ideas for the home, garden and tastebuds.
5.00 Can't Cook, Won't Cook
More young cooks are helped to create a meal.
5.30 Changing Rooms: New Zealand
6.00 Antiques Roadshow US
This programme visits Philadelphia where the experts examine some amazing objects.
7.00 Real Rooms
Stockport Bathroom and Bedroom
7.30 Change That
An interior design roadshow.
8.00 Style Challenge
Fashion makeover show.
8.30 A Room with a Clue
Celebrity challenge. Presented by Fi Glover.
9.00 Your Money or Your Life
A finance expert gives advice to everyday people.
9.30 The House Doctor
10.00 All the Right Moves
An incisive look at buying, selling and owning homes.
10.30 House Invaders
Plaistow
11.00 Learn to Garden with Stefan Buczacki
Gardening skills show.
11.30 Charlie's Garden Army
12midnight Gardeners' World
Alan Titchmarsh visits Parnham House in Sussex.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki offers help and advice on gardening.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am To Russia for Love 7.50 Sound Sense 8.20 Barking Mad Text 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.15 Life on Earth 11.20 Pandemic 12.15pm Animal Hospital on the Hoof Text 12.45 City Hospital 1.45 Sylvania Waters 2.15 Sylvania Waters 2.45 To Russia for Love
Documentary following three British men as they travel to Rostov-on-Don with the aim of finding single, attractive women with whom to spend the rest of their lives.
3.45 Vets to the Rescue
Heartwarming stories of pets in need.
4.20 Vets in Practice
Full Speed Ahead
4.50 Animal Hospital on the Hoof
With Shauna Lowry. Text
5.25 Children's Hospital
Real-life medical drama.
5.55 City Hospital
Series in which Gaby Roslin and her team report from Southampton General Hospital.
6.55 So You Think You're a Good Driver?
Series presented by Nick Ross which reveals drivers' bad habits.
7.30 Chimpanzee Diary
8.00 Barking Mad
Two stubborn donkeys discover the fun in giving donkey rides.
8.30 Children's Hospital
9.00 Paddington Green
Kelly lands six weeks of work in Tokyo.
9.35 Igor – The Boy Who Dared
A look at how a disabled Belarussian boy adjusted to a new life in England.
10.35 Out of This World
With Chris Choi.
11.05 We Are Not Alone
Alien Hunters
12.05am-1.00am Louis Theroux's Weird Weekends

UK PLAY:
1.00am Shooting Stars 1.30 Very Important Pennis 2.05 Vic Reeves Examines 2.35 Bang, Bang 3.10 Soundtrack 3.40 Dave Pearce DJ Anthems 4.05 Bally Dung Radio 4.30 Here is This 4.45 Hey DJ 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow's Country Cooking 9.30 Classic Dishes 10.00 Cocktail Challenge 10.30 Simply Baking 11.00 Flash in the Pan 11.30 Chef for a Day 12noon Antony's Scotland 12.30pm The Spice Trail 1.00 Coxon's Kitchen College 1.30 Spice World 2.00 Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow's Country Cooking
Food from Down Under
3.30 Tessa's Tastebuds
Orange
4.00 Simply Baking
Pizza
With Andrew Nutter.
4.30 Classic Dishes
Paul Heathcote cooks toad-in-the-hole.
5.00 Superchefs
5.30 Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm Newman Meets

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Koalas in My Backyard
Meet the people who look after the native Australian wildlife that is threatened by suburban sprawl.
8.00 The Dead Zone
Join a joint British and Chilean military expedition to climb one of the world's highest volcanoes – Mount Copiapo in Chile.
9.00 On the Trail of Killer Storms
Stunning footage of tornado hunters on a week-long pursuit through the American Mid-West.
10.00 Flood!
This programme exposes the most costly deluge ever to strike America's heartland, killing at least 47 people.
11.00 King Cobra
A look at the formidable snake most feared because of the threat it poses despite its natural talent for survival.
12midnight School for Feds
Join FBI recruits as they recreate drugs busts and thwart bank robberies, all as part of their training.
12.30am-1.00am Raider of the Lost Ark

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
6.30 Family Fortunes
7.00 Beadle's About
7.30 Winner Takes All
With Bobby Davro.
8.00 Gladiators
Muscle-bashing challenges with the gladiators.
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
Celebrity impersonations.
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
With Donna Air.
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Dig it with Den 7.00 The Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 The House Doctor 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Dig it with Den 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country 11.10 Space Invaders 11.40 Home Savvy 12.10pm How to with B & Q 12.15 Hometime 12.45 Classic This Old House 1.15 Home Again with Bob Vila 1.45 Wood Wizard 2.15 How to with B & Q 2.20 The New Yankee Workshop 2.50 Kingsbury Square 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Ibiza 2000 10.30 That Film Show 11.00 Fearless 11.30 Boardstupid 12noon Mountain Bikes 12.30pm World Wind Surf 1.00 That Film Show 1.30 Byte Me 2.00 High Adrenalin Action 2.30 e-trippers 3.00 Byte Me 3.30 Surf Film 4.30 Chilli Factor 5.00 Hip-Hop Special 5.30-6.00pm Fearless

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

Wednesday 26 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am
Flying Rhino Junior High
6.00 Fat Dog Mendoza
7.00 Tom and Jerry
8.00 Dexter's Laboratory
9.00 Angela Anaconda
10.00 The Powerpuff Girls
11.00 Dragonball Z
12noon Ed, Edd 'n' Eddy
12.30pm Looney Tunes
1.00 Ed, Edd 'n' Eddy
1.30 Cow and Chicken
2.00 Ed, Edd 'n' Eddy
2.30 Mike, Lu and Og

NICKELODEON
FAMILY PACK

7.00am Transylvania Pet Shop
7.30 Transylvania Pet Shop 8.00 Ren and Stimpy 8.30 Ren and Stimpy 9.00 Kenan and Kel 9.30 Kenan and Kel 10.00 Sister Sister 10.30 Sister Sister
11.00 Cousin Skeeter
11.30 Cousin Skeeter
12noon Rugrats
12.30pm Rugrats
1.00 The Wild Thornberrys
1.30 The Wild Thornberrys
2.00 The Wild Thornberrys
2.30 The Wild Thornberrys

FOX KIDS
FAMILY PACK

6.00am Oggy 6.10 Bad Dog 6.30 Bobby's World 6.55 Jim Button 7.15 Walter Melon 7.40 Inspector Gadget 8.00 Oggy 8.10 Biker Mice 8.30 Dennis and Gnasher 8.55 Sailor Moon 9.15 Sailor Moon 9.40 Digimon 10.00 Power Rangers 10.20 Monster Rancher 10.45 Masked Rider 11.05 X-Men 11.30 Spy Dogs 11.50 Ace Ventura 12.15pm Walter Melon 12.35 Inspector Gadget 1.00 Woody 1.10 Casper 1.30 Donkey Kong Country 1.55 Dennis and Gnasher 2.20 Louie 2.40 Princess Sissi

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 BBC News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 Morning 6.30 Business Morning 7.00 Morning 7.30 Business 8.00 Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Business Unusual 1.15 Asian Edition 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Style 5.00 Larry 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Showbiz 1.00 Morning 1.15 Asia Business 1.45 Asia 2.00 Larry 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm PMQs 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 PMQs 10.00 Sky News at Ten 10.30 Sportsline 11.00 News on the Hour 12.30am CBS Evening News 1.30 PMQs 2.30 Sky Business Report 3.30 Showbiz Weekly 4.30 Fashion TV 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Magellan 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Police Judiciare 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Temps Present 1.00 Journal Télévisé 1.15 Police Judiciare 3.00 Journal Télévisé 3.15 Questions 3.30 Grands Gourmands 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Police Judiciare 7.00 Journal 7.30 Journal Télévisé 8.00 Infos 8.05 Pulsations RTBF 9.00 Journal Télévisé 9.15 La Dernier Eté 11.00 Journal Télévisé 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 8.00 DD Programmes 9.00 FILM 11.30 News 12noon Non Stop Hungama 12.30pm Suzhal 1.00 Sansar 1.30 FILM 4.00 Inspector Vijay 4.30 Kakaji Kahen 5.00 Short Stories 6.30 Asianet Aur Aap 7.15 Sansar 7.40 News 8.00 Aarzoo 8.30 FILM 11.30 News 12midnight MTV Fresh 12.30am Asianet Aur Aap 1.00 FILM 4.00 Aainey 5.00 Sansar 5.30 Nashaib 6.00 Inspector Vijay 6.30 DD News 7.00-7.30am Satsang Sudha

ZEE TV
ADD-ON CHANNEL

6.00am Out and About 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Christianity 7.30 News 8.00 Ru Ba Ru 8.30 Teacher 9.00 Rishtey the Love Stories 10.00 Rasm E Ashnai 11.00 Khoobsurat 11.30 Aangan 12noon FILM 3.00pm Yeh Hain Mere Apne 3.30 Hip Hip Hurray 4.00 Raahat 4.30 Alvida Darling 5.00 Muskan 5.30 Aangan 6.00 Sa Re Ga Ma 7.00 Lakeerein 7.30 Saath Saath 8.00 News Bulletin 8.20 Tips Tops 8.30 Amanat 9.00 Tum Hi to Ho 10.00 Thriller at 10 10.30 Nagin 11.00 Agni Chakra 11.30 Making of a Legend 12midnight Punjabi News 12.15am News Bulletin 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Filmi Deewane 5.30-6.00am Hit Thi Hit Hai

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Gospel Truth – Andrew Wommack 6.00 Life is for Living 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 CMTV 8.20 Thought for the Day 8.30 Life in the Word 9.00 Winning in Life 9.30 Winning Ways 10.00 Deciding Your Destiny 10.30-11.00am 700 Club Replay

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 4.30 Wall Street Report 5.00 Tokyo Live 5.05-6.00am US Market Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Committees 7.00 Record 7.30 Committees 9.30 Westminster Hall 2.00pm Europe 2.30 Commons 3.00 PMQs 3.30 Commons 11.00 Record 11.30-12midnight Europe

3.00 PM

DISCOVERY
WORLD PACK

3.00 Ed, Edd 'n' Eddy
Namesake nonsense.
3.30
Dexter's Laboratory
Chemical chaos with the bedroom professor.
4.00 Ed, Edd 'n' Eddy
Namesake nonsense with the three friends.
4.30
The Powerpuff Girls
Trouble in Townsville.
5.00 Ed, Edd 'n' Eddy
More jawbreaker quests with the three friends.
5.30
Pinky and the Brain
Rodent comedy.
6.00 Tom and Jerry
Madcap antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
7.30 Looney Tunes
8.00
Angela Anaconda
Serpentine surrealism.
8.30-9.00pm Courage the Cowardly Dog

3.00
The Wild Thornberrys
Jungle adventures.
3.30
The Wild Thornberrys
More jungle fun.
4.00 Kenan and Kel
The adventures of two funky friends.
4.30 Kenan and Kel
Starring Kenan Thompson and Kel Mitchell.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

3.00 Princess Starla and the Jewel Riders
3.20 Sailor Moon
Cult Japanese cartoon.
3.45 Mighty Morphin' Power Rangers
4.05 Mighty Morphin' Power Rangers
The original series returns.
4.30 Digimon
4.50 Masked Rider
The adventures of a teenage alien superhero.
5.15
Monster Rancher
5.35
Biker Mice from Mars
Rock'n'roll rodents.
6.00 The New Addams Family
6.25 Casper
6.35-7.00pm Goosebumps

4.00 PM

4.00pm Rex Hunt Fishing Adventures
Rex visits Bangkok's famous floating market.
4.30 Discovery Today
Science magazine.

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Ellen
Go Girls
Ellen throws a party for a despondent Paige.
8.30 Just Shoot Me
The Kiss
9.00 Married... With Children
Al Loses His Cherry
9.30 Cybill
Cybill Sheridan's Day Off
Cybill foils a plot.
10.00 Frasier
The Maris Counsellor
Niles' tries to be spontaneous in bed.
10.30 Harry Hill
Big-collared fun.
11.00
The Jack Dee Show
Dry humour.
11.30 Cheers
Love is a Really, Really Okay Thing
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio
1.35 Duckman
2.00 Hitz
2.30 Encore! Encore!
3.00 It's Garry Shandling's Show
3.30-4.00am Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Kids Shop!
7.30 Shop! Special
8.30 Clothes Shop!
9.30 Sports Shop!
10.00 Kitchen Shop!
11.00 Holiday Shop!
12noon Shop! Outlet
12.30pm Shop! Selection
1.30 Shop! Special
2.30 Entertainment Shop! Focus on camcorders.
3.30 Jewellery Shop!
4.30 Home Shop!
5.30 Shop! Preview
6.00 Shop! Selection Round-up of the best sellers.
7.00-7.30pm Kitchen Shop! Healthy suggestions.

5.00 PM

5.00 Egypt
Deities and Demons
Learn how he ancient Egyptians believed in many gods, which personified order.

6.00 PM

6.00 Ultimate Guide
Octopus
A close-up look at these remarkable animals using a special hand lens, experts and graphics.

TCM
FAMILY PACK

9.00pm How the West Was Won
Gregory Peck, George Peppard, Henry Fonda
Western following the fortunes of three generations of a family of pioneers . Widescreen
1962, 146 mins

11.50-1.00am
Ride Him Cowboy
John Wayne, Ruth Hall
Mystery Western. *1932, 56 mins*

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* at 6.00am followed by children's shows.
Saturdays: Children's programming and a round-up of the week's news in *The Review*.
Sundays: Highlights include a *Pokémon* triple bill and *The Review*.

7.00 PM

7.00 Diving School
Five weeks into their diving course, the students encounter a tough new instructor, Mick Whelan.
7.30 Discovery Today

8.00 PM

8.00 US Navy SEALs – Hell Week
Documentary following two classes of recruits in an environment designed to push them to their limits.

9.00 PM

9.00
Pyramid of Doom – An Ancient Mystery
Documentary following a team of archaeologists as they unearth 70 skeletons.

10.00 PM

10.00
Extreme Terrain
An exploration of the world of extreme terrain vehicles.
10.30 The Detonators
Look at explosives.

11.00 PM

11.00
Diving with the Force
Follow the Thames Valley Underwater Search Unit.
11.30 Wheels at War
Look at military vehicles.

12.00

12midnight Time Team
Teignmouth
The Time Teams take to the briny off the Teignmouth beach in Devon, in their first ever underwater exploration.
1.00am Secret Mountain
With Chris Bonnington.
1.30-2.00am
Discovery Today

CARTOON NETWORK:
1.00am The Moomins 1.30 The Magic Roundabout 2.00 Tabaluga 2.30 Blinky Bill 3.00 The Tidings 3.30 The Fruitties 4.00 The Moomins 4.30-5.00am The Magic Roundabout

NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon The Bloody Tower of London
12.55pm Photos for the Future II
1.00pm Propulsion
2.00 Biography
Michelangelo
3.00 Fabulous Fortunes
Wages of War – The Dogs of War
3.30 Playback with Jimmy Hill
Reminiscences show.
4.00 The Thinking Weapon
5.00 Tales of the Gun
Next Generation
6.00 The Mysterious Howard Hughes
6.55 Photos for the Future II
7.00 Navigation
8.00 Biography
Vincent Van Gogh
9.00 Great Crimes and Trials
The SLA Kidnap of Patty Hearst
9.30-10.00pm Great Crimes and Trials
The Trial of Adolph Eichmann

TV TRAVEL SHOP
BONUS CHANNEL

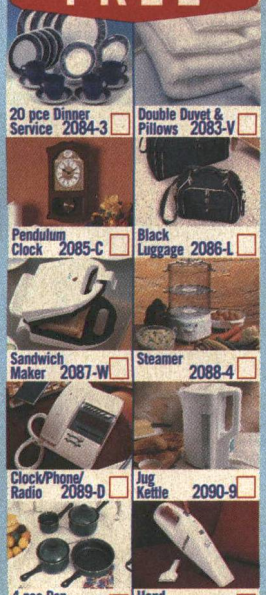
A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is In the Kitchen at 5.00pm.

Pick & tick

FREE



20 pce Dinner Service 2084-3 ☐
Double Duvet & Pillows 2083-V ☐
Pendulum Clock 2085-C ☐
Black Luggage 2086-L ☐
Sandwich Maker 2087-W ☐
Steamer 2088-4 ☐
Clock/Phone/Radio 2089-D ☐
Jug Kettle 2090-9 ☐
4 pce Pan Set 2091-J ☐
Hand Vacuum 2092-T ☐

OR 20% OFF YOUR FIRST ORDER 2081-B ☐

OR SAVE

£40 with first order
3 Pce Green Set ONLY £18.99
3 Pce Green Set 2082-K ☐

COMPLETE YOUR GIFT CODE AND QUOTE WHEN YOU CALL

0 4 8 7 - ☐☐☐☐ - ☐

0800 243 714

OPEN 7 DAYS A WEEK 7am-11pm

Alternatively tick the relevant gift box, fill in your details and send to Littlewoods, FREEPOST, Liverpool L72 0LU

Please send a copy of your catalogue without obligation and details of my discount/gift/special offer when I start shopping with you.

Title Initials 2080-2 (I AM OVER 18)

Surname

Address

Post Code

Tel No inc STD

Littlewoods

LITTLEWOODS MAIL HOUSES LTD. 100 OLD HALL STREET, LIVERPOOL L70 1DX. REG NO 637060 LONDON

For all catalogue applications we will carry out searches using Credit Reference Agencies which will be recorded. This information may be used by other lenders in making credit decisions about you and members of your household, and for occasional debt tracing and fraud prevention. Further offers may also be made to you by carefully selected third parties. If you prefer not to receive offers directly from other third parties, please tick this box ☐. The right to refuse any application and/or change the offer is reserved.

Why not be a Writer?

As a freelance writer, you can earn very good money in your spare time, writing the stories, articles, books, scripts etc. that editors and publishers want. Millions of pounds are paid annually in fees and royalties. Earning your share can be fun, profitable and creatively fulfilling.

To help you succeed, we offer you a first-class, home study course from professional writers – individually tailored tuition – and expert personal guidance from your tutor. You learn about writing articles, stories, novels, romances, historicals, journalism, writing for children, radio, TV, the stage etc. You are advised on style, presentation, **HOW TO SELL YOUR WRITING,** copyright – and much more. You learn how to be a successful writer.

If you want to be a writer, this is the way to start! It's ideal for beginners. No previous experience or special education required. You can earn while you learn. Details free – including EXPERT OPINIONS. Refund guarantee included. Send the coupon or call our Freephone number now.

FREE CALL 24 ☎ HRS **0800 856 2008** PLEASE QUOTE REF. lxm7

e-mail: w1_lxm7@writersbureau.com
Please include name and address
www.writersbureau.com Ad ref: lxm7

Please send me free details of how to become a successful freelance writer.

NAME .....

ADDRESS .....

.....

.....

POST CODE .....

The Writers Bureau
FREEPOST lxm7, MANCHESTER M1 9HZ

The Open University

Two-year diplomas

- **Sharpen your career skills**
- **Make more of your personal interests**

You can get a qualification from one of Britain's top universities in just two years without the need to give up work or family commitments.

Choose from 30 OU diplomas in such areas as: *Arts, Computing, English Language, Environment, Geography, Health and Social Welfare, Information Technology, Management, Mathematics, Modern Languages, Music, Psychology, Science, Social Sciences.*

We'll give you all the support you need. We've developed our own unique method of study - OU supported open learning - to help you succeed. We'll give you a personal tutor for individual help and advice - a specialist in the subject you're studying. You'll get the chance to meet your fellow students at tutorials and, on some programmes, the opportunity to get together at a residential school. And we'll supply you with learning resources of the highest standard - on some courses this is delivered on CD ROM or computer software. The OU leads the world in its use of new technology for learning. It's real value for money *and you can pay by instalments.*

Did you know?

- **The OU is in the top 15%* of all UK universities for teaching quality**
- **25% of all British MBAs† come from the OU**
- **Over 30,000 employers have sponsored their staff on OU courses**
- **75,000 OU students are online from home**
- **There are 9 month courses and two-year diplomas as well as degrees**

☎ **Call the OU 24 hr Hotline quoting ref UGACFN 0870 9000 301**

www.open.ac.uk/brochure/

Send for your free prospectus now

Send to: The OU Call Centre, PO Box 625, Milton Keynes MK7 6AA

☐ Please send me a copy of the *Undergraduate Courses* and *Undergraduate Qualifications* prospectus
☐ Please send me a copy of the postgraduate prospectus
☐ Tick here if you have contacted the OU in the past

Title .....Initials.....Surname .....

Address.....

.....

.....Postcode .....

Tel.....Date of Birth...../...../19.....

UGACFN

**Source: Daily Telegraph. Based on percentage of academic departments rated 'excellent' (or scoring at least 22 points out of 24) by the Higher Education Funding Council. †Accredited by The Association of MBAs.*

Thursday 27 July

SKY PREMIER
PREMIUM CHANNEL

6.20am Legend of Pirate's Point
1999, rating Sky U, 82 mins
8.00 Little Heroes
1999, rating Sky PG, DS, 88 mins
9.45 The Second Jungle Book: Mowgli & Baloo
Text *1997, rating Sky PG, DS, 86 mins*
11.15 The Land Before Time IV: The Secret of Saurus Rock
1989, rating Sky U, 73 mins
12.45pm Flubber
Text *1997, rating Sky U, 90 mins*
2.30 The All New Adventures of Laurel and Hardy in For Love or Mummy
Comedy with the ficitional nephews of the great Hollywood duo. *1999, rating Sky PG, 84 mins*
4.00
Fairy Tale: A True Story
Florence Hoath, Elizabeth Earl, Paul McGann, Harvey Keitel
Enchanting fantasy based on the true story of two little girls whose eerie photographs of fairies captivated a generation during the carnage of the Great War, when the world seemed to have lost its magic and hope. Text *1997, rating Sky U, 94 mins*
6.00 Flubber
Robin Williams, Marcia Gay Harden, Christopher McDonald
Family comedy. An absent-minded professor invents a green, rubbery polymer with a life of its own which could make the professor's ailing school rich. Text *1997, rating Sky U, 90 mins*
7.30
Barry Norman Interview with Kenneth Branagh
8.00 Hush
Jessica Lange, Johnathon Schaech, Gwyneth Paltrow
Thriller. A son returns home to the country from New York. Desperate for her son to sire an heir and return to run the family ranch, his mother begins to spin a web of intrigue to ensnare her son and his unsuspecting girlfriend forever. Text *1998, rating Sky 12, DS, 92 mins*
10.00 Playing God
David Duchovny, Angelina Jolie
Gory thriller. The life of a struck-off surgeon spirals into chaos when he finds himself working for a gangster. Text *1997, rating Sky 18, 90 mins*
11.35 Good Will Hunting
Robin Williams, Matt Damon
Drama in which a young janitor struggles to come to terms with his academic excellence. Text *1997, rating Sky 15, 121 mins*
1.45am Les Miserables
1998, rating Sky 12, DS, 128 mins
4.00 The All New Adventures of Laurel and Hardy in For Love or Mummy
1999, rating Sky PG, 84 mins
5.30-6.00am Barry Norman Interview with Kenneth Branagh

SKY MOVIEMAX
PREMIUM CHANNEL

6.15am Michael Jordan: The Road to Victory
1999, rating Sky PG, DS, 89 mins
8.00 Wind Dancer
1993, rating Sky PG, 90 mins
9.45 Airspeed
1997, rating Sky PG, DS, 84 mins
11.15 Imminent Danger
1998, rating Sky PG, 89 mins
1.00pm Marlene
1983, rating Sky PG, 91 mins
2.45 Wind Dancer
Mel Harris, Matt McCoy, Raeanin Simpson, Nicholas Guest
The dramatic true story of a young girl who, having been badly injured in a horse riding accident, falls silent. A specialist sends her to live on a ranch and forge a new relationship with horses to overcome her deep trauma. *1993, rating Sky PG, 90 mins*
4.30 Imminent Danger
Connie Sellecca, Matt McCoy, Alana Austin, Anthony DeFilippo
Action thriller. An expert wilderness guide takes her children on a rafting adventure so that they can get to know her new boyfriend. But they find themselves caught up in a tense hostage situation with a very dangerous escaped convict. *1998, rating Sky PG, 89 mins*
6.30 Mistaken Identity
Melissa Gilbert, Rosanna Arquette, David Andrews
Emotional drama – based on a true story – about two mothers who discover that their babies were accidentally swapped, not long after they were born. *1999, rating Sky PG, 85 mins*
8.00 Airspeed
Joe Mantegna, Elisha Cuthbert
Action thriller. A teenage girl faces a life or death decision in a true nightmare scenario. The plane in which she is travelling is struck by lightning and the crew and passengers are injured, so she has to fly the aircraft. *1997, rating Sky PG, DS, 84 mins*
9.40 Big Enough for Three
Short film. *1999*
10.00 Predator 2
Danny Glover, Gary Busey
Hard-hitting sequel. A cop investigates when mutilated bodies begin turning up all over his beat. He begins to suspect that something other than human is responsible for the deaths. *1990, rating Sky 18, 104 mins*
11.50 Scream 2
Neve Campbell, Courteney Cox
Tongue-in-cheek horror sequel. The survivors of the first film are terrorised again. Text *1998, rating Sky 18, 115 mins*
1.50am The Landlady
1998, rating Sky 15, 92 mins
3.25 Ride
Text *1998, rating Sky 15, 80 mins*
4.50-6.00am Femmes Fatales: Sharon Stone

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00 Indiscreet
Cary Grant, Ingrid Bergman, Phyllis Calvert, Cecil Parker
Comedy in which a wealthy American diplomat in London falls in love with a beautiful actress. Although he pretends that he is married, he can't stop thinking about her and the pair begin a charming but fraught on-off relationship. *1958, rating Sky U, 96 mins*
6.00
Divorce American Style
Dick Van Dyke, Debbie Reynolds, Jason Robards, Jean Simmons
Romantic comedy about the problems a couple encounter when they decide to file for divorce. *1967, rating Sky PG, 105 mins*
8.00 Harper
Paul Newman, Lauren Bacall, Shelley Winters, Robert Wagner,
Mystery thriller. A detective takes an assignment to find a missing husband, but business starts to mix dangerously with his private life when his marriage is threatened by the investigation – a case he knows he should not have taken. *1966, rating Sky 15, 116 mins*
10.00 Year of the Gun
Andrew McCarthy, Sharon Stone
Drama set in Rome, 1978. A young reporter investigates the terrorist activities of the Red Brigade, endangering lives. Then a photographer gets too close to the truth. *1991, rating Sky 15, DS, 107 mins*
11.55 First to Fight
Chad Everett, Marilyn Devin,
World War II drama about a heroic but traumatised soldier. *1967, rating Sky 15, 93 mins*
1.35am I Ought to Be in Pictures
Walter Matthau, Dinah Manoff
1982, rating Sky 15, 103 mins
3.25 Year of the Gun
1991, rating Sky 15, DS, 107 mins
5.20-6.00am Hollywood Hall of Fame: Frank Sinatra

FRONT ROW

Brendan Fraser unleashes the terrible power of 'The Mummy' in this adventure. Front Row, see below

FILMFOUR
ADD-ON CHANNEL

6.00pm The Arsenal Stadium Mystery
Leslie Banks, Anthony Bushell
Vintage British thriller. A Scotland Yard inspector takes up the case of an amateur footballer who was murdered during a charity match. Text *1939, 82 mins*
7.30 Faith
Short film. A football fan mounts a rooftop protest overlooking Highbury stadium.
8.00 Fever Pitch
Colin Firth, Ruth Gemmell
The film adaptation of Nick Hornby's bestselling book. Raised on a diet of football in general and Arsenal in particular, a schoolteacher has to cope with falling in love with a fellow teacher. But can she even begin to understand how a man can have two passionate loves in his life? *1996, 90 mins*
10.00 Kiss or Kill
Frances O'Connor, Matt Day
A conwoman and her boyfriend run a scam where she picks up businessmen, drugs them and the pair then steal what they can. But when one of the victims dies, the pair are pursued across Australia. Text *1997, 92 mins*
11.40 The English Patient
Ralph Fiennes, Kristin Scott Thomas, Juliette Binoche
Multi-Oscar winning wartime drama of love, betrayal and adventure. Text *1996, 156 mins*
2.20am Myra Breckinridge
Mae West, John Huston
Camp comedy. Text *1970, 90 mins*
3.55-6.00am Illtown
Michael Rapaport, Lili Taylor
Drama. *1996, 98 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Anastasia
Ingrid Bergman, Yul Brynner
Classic drama set in 1920s Paris. A group of White Russians make an extraordinary claim. They say they have found the daughter of the last Tsar – even though she was thought to have been murdered after the Revolution, along with the rest of her family. Text Widescreen *1956, 105 mins*
9.00 All that Jazz
Roy Scheider, Jessica Lange
Surreal musical drama. A Broadway choreographer and workaholic is rehearsing a big new show. As the pressure to pull off another hit builds, the line between reality and showbiz becomes increasingly blurred. The choreographer's complex fears and fantasies are played out in song and dance. *1979, 117 mins*
11.15
The Great White Hope
James Earl Jones, Jane Alexander, Lou Gilbert
Fact-based boxing drama about a world champion. *1970, 102 mins*
1.00am
Fast Times at Ridgemont High
Sex comedy. *1982, 92 mins*
3.00 Starman
Widescreen *1984, 115 mins*
5.15-7.00am
The Street with No Name
Crime thriller. *1948, 91 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

THE BIG HIT
Rating 18, 88 mins
Dark comedy. A group of hitmen take on what they think will be an easy kidnap job – only to find that the target is their boss' godson. Stars Mark Wahlberg and Lou Diamond Phillips.
T/C: Action kidnapping.
BL: Frequent, coarse.
S/N: Infrequent, mild.
V: Frequent, strong.
6.40pm, 8.30pm, 10.20pm, 12.10am, 2.00am, 3.50am

Channel 53

PARTING SHOTS
Rating 12, 95 mins
Comedy. A once-fashionable photographer learns he is dying and decides to take revenge on the people who betrayed him. But first, he needs to get a gun. Stars Chris Rea and John Cleese.
T/C: Black comedy, revenge.
BL: Infrequent, mild.
S/N: Infrequent, mild.
V: Some moderate.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

Thursday 27 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon 10.00 Pokémon 10.30 The Simpsons 11.00 World Wrestling Federation – Metal 12noon The New Adventures of Superman 1.00pm Dream Team Omnibus 2.00 Mega Babies 2.30 Godzilla

3.00 Mummies Alive
Show Me the Mummy
3.30 Pokémon
The Purr-Fect Hero
Meowth stops Pikachu-napping and becomes a good guy.
4.00 Pokémon
Riddle Me This
Pikachu must face a type of Pokémon he has never seen.
4.30 Pokémon
Volcanic Panic
5.00 Star Trek
Another episode of the long-running science fiction series.
6.00 Veronica's Closet
Veronica Gets Her Closet Back
Ronnie enlists the help of a takeover specialist.
6.30 Friends
The One with Joey's Bag Text
7.00 The Simpsons
Beyond Blunderdome Text
7.30 The Simpsons
Guess who's Coming to Criticise Dinner
Homer becomes a food critic. Text
8.00 Popular
Windstruck
The cliques mix and match as Sam spends some time with Josh and Brooke becomes closer to Harrison.
9.00 Friends
The One Where No One's Ready Text
9.30 ER
No Brain, No Gain
Keaton teaches Dr Benton some tough lessons. Carter clashes with another intern and begins a clandestine relationship. Text
10.30 ER
Union Station
Dr Ross bends the rules to help a teenage girl who brings in a friend's baby for vaccinations. Stars George Clooney. Text
11.30 Friends
The One with Joey's Bag
Joey carries a shoulder bag.
12midnight Star Trek: Voyager
Sci-fi adventure series.
1.00am New York Undercover
Hubris
The detectives investigate the death of a fellow officer, and a former US Marshal wants revenge on the men who made her lose her job. Text
2.00-6.00am Long Play
The VJ-free music zone.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am 'Allo 'Allo! 6.40 Bread 7.15 The Brittas Empire 7.50 Birds of a Feather Text 8.25 EastEnders 9.00 The Bill Text 9.30 The Bill Text 10.00 Bergerac 11.00 Knots Landing 11.55 Neighbours 12.25pm EastEnders Text 1.00 Dangerfield 2.00 Knots Landing

3.00 The Bill
Lucky Day
Lines goes undercover to convict an upmarket car thief. Text
3.30 The Bill
For Richer, For Poorer Text
4.00 EastEnders
Steve urges Mark to go out on the town, and Blossom's plans for Nellie's night out backfire. Text
4.35 Neighbours
Pam's schedule takes its toll.
5.00 'Allo 'Allo!
Sitcom. The war comes to an end and Rene bows out. Text
5.40 Bread
Sitcom about a Liverpudlian family struggling to survive.
Adrian and Eddie are kidnapped over gambling debts. Text
6.20 The Brittas Empire
In the Beginning
Leisure centre sitcom. The staff gathers to honour Brittas in 2019.
7.00 Just Good Friends
Bittersweet sitcom. A chance encounter complicates things between Penny and Vince.
7.40 Birds of a Feather
Maids of Ongar
Sitcom about two sisters. Sharon and Tracey decide to start a cleaning business. Text
8.20 Kiss Me Kate
Teeth
Office-based sitcom. Text
9.00 Only Fools and Horses
Time on Our Hands
Sitcom. The final part of the 1996 Christmas special – Raquel, recently reconciled with her parents, is worried about inviting them to dinner chez Trotter. Stars David Jason, Nicholas Lyndhurst and Buster Merryfield.
10.20 Men Behaving Badly
Delivery
Laddish sitcom. Tony gets a job and begins to take life seriously, while Gary's office is closing down and Dorothy is pregnant. Text
11.15 The Vicar of Dibley
Sitcom about the unconventional Rev Geraldine Granger.
12.05am The Bill Text
Lucky Day
12.40 The Bill Text
1.10 Only Fools and Horses
2.30 EastEnders
3.05 Casualty
4.05 Whatever Happened to the Likely Lads?
4.40 Dynasty

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 Real Romance 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich

3.20 Relationship SOS
Programme offering advice to people who want to revamp their relationships.
3.50 Forgive or Forget
Mother Love deals with real relationship problems and tries to persuade the guests to forgive each other.
4.40 Oh Baby
Sitcom about a single mother.
5.05 Streetmate
Davina McCall plays Cupid to unsuspecting stangers.
5.35 Ready, Steady, Cook
Top chefs compete against the clock to create exciting recipes.
6.10 The Jerry Springer Show
American talk show in which Jerry Springer and guest debate relationship and family issues.
7.00 Judge Judy
Outspoken judge Judy Sheindlin presides over real-life cases.
7.30 Will and Grace
Sitcom about two roommates who seem perfect for each other.
8.00 Charmed
Drama series about three sisters who move into a house inherited from their grandmother – only to find they have also inherited her powers of witchcraft.
9.00 FILM: Touch Me
Amanda Peet, Michael Vartan, Peter Facinelli, Kari Wuhrer
Drama about an actress whose life is nearly destroyed when she discovers that one of her ex-lovers has died of an Aids-related illness. She discovers that she is HIV-positive and has to rely on the people close to her for support. *1997*
10.50 Secret Suburbia
A look at some seemingly ordinary suburban residents and their extraordinary lives.
11.20-12midnight Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 Home to Roost 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

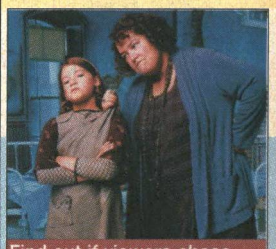
3.00 Boon
Walking off Air
Comedy drama series. Boon moves to Nottingham, where his first assignment is to act as bodyguard to a local DJ.
4.00 Kojak
Mouse
Police drama. Kojak investigates the case of a seemingly timid man who suddenly turns to acts of violence.
5.00 Hart to Hart
Does She or Doesn't She?
Crime thriller series. The Harts face death when they uncover a scheme to blackmail wealthy beauty salon patrons.
6.00 Emmerdale
Seth and Betty have their day of reckoning with the police. Text
6.30 Classic Coronation Street
Christmas Day on the Street. Text
7.00 Sorry!
Flying Lessons
Timothy is blackmailed into standing up his dream girl.
7.30 Robin's Nest
Great Expectations
8.00 Boon
Of Meissen Men
Comedy drama series. Boon is hired to find a missing husband and becomes involved in an international antiques case.
9.00 Kojak
Chain of Custody
Police drama series. Kojak is suspended from the force when he expresses his anger.
10.00-11.00pm Taggart
Gingerbread – Part III

GRANADA MEN & MOTORS
ACTION PACK

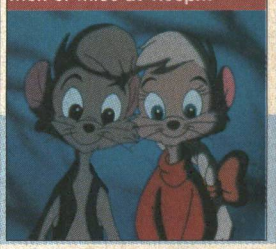
11.00pm Motor Week
Magazine series that takes a look at the motoring industry.
11.30 Motorsport Mundial
A behind-the-scenes look at motorsports around the world.
12midnight Carfile
Profile of the Alfa Romeo 156.
12.30am Kits 'n' Cruising
Motoring magazine show aimed at fans of kit cars, hot-rods and other specialist vehicles.
1.00 Motormania!
1.30-2.00am The Big Bang
Spectacular motoring stunts, crashes and amazing escapes.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

4.30am Pooh 4.45 Music Time 4.50 Olie 5.00 Bear 5.25 Art Play 5.30 PB and J Otter 5.45 Bite Size 6.00 Toons 6.05 Circle Time 6.10 Olie 6.20 Spot 6.30 Out of the Box 7.00 Mickey Mouseworks 7.30 101 Dalmatians 8.00-1.00pm Your Choice Your Voice 1.00 FILM: Annie or The Secret of Nimh II 2.30-7.00 Your Choice Your Voice



Find out if viewers chose men or mice at 1.00pm



7.00 FILM: Lion King II: Simba's Pride
Voices of Neve Campbell, Matthew Broderick
Animation. The heir to the Pridelands is told never to go to the Outlands, but she goes anyway and falls for a young lion, who's being groomed to overthrow the lion king. *1998* Text
8.20 Honey, I Shrunk the Kids: The TV Show Text
9.00 Flipper
Marine action adventure with TV's most famous dolphin and his friends. Text
9.45 Dinosaurs
Prehistoric fun. Text
10.10 Home Improvement
Comedy double bill. Text
11.00 Dr Quinn: Medicine Woman Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

THURSDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

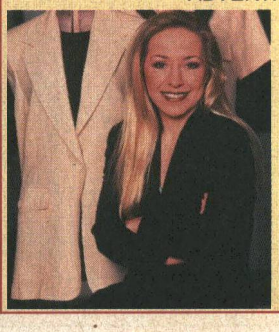
CABLE CHOICE

FILM
All That Jazz
Carlton Cinema 9.00pm
A stylised, stream-of-consciousness, semi-autobiographical vanity piece by Bob Fosse, this details the last days of director-choreographer Roy Scheider (who projects a both-ends-burning edgy intensity), as he attempts to finish a film while mounting a stage musical.

GENERAL
Looking Good
UK Style 9.00pm
Lowri Turner presents the first series of her indispensable guide to fashion and beauty. Included in the programme is hair and skin-care advice from John Gustafson and Anthony Yacomine and two viewers undergoing a healthy, cleansing, detox diet.

ADVERTISEMENT

UK STYLE



LOOKING GOOD 9.00PM
Want to know what this month's fashion statement is? Lowri Turner has all the answers in this new series packed full of brilliant ideas designed to change the ordinary into the extraordinary. Your wardrobe will never look the same again!

Thursday 27 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Sailing
8.00 Olympic Games
8.30 Football
10.00 Sumo
Coverage of the Grand Sumo Tournament in Tokyo.
11.00 Superbike
11.30 Motorsports
Featuring the Ferrari/Porsche Challenge at Brands Hatch, and European Road Racing.
12.30pm Tennis – LIVE
Further coverage from the ATP Tournament in Kitzbühel, Austria.

4.00 PM
4.00 Truck Sports
Third round coverage of the 2000 Europa Truck Trial in Warninglid.

5.00 PM
5.00 Motorcycling
OFFROAD
Biking news and features.

6.00 PM
6.00 Racing Line
Featuring the FIA GT Championship, including Zolder highlights, and the Motorcycling Grand Prix highlights from Germany.

7.00 PM
7.00 CART
Featuring the FedEx Championship series action from Michigan.

8.00 PM
8.00 Strongest Man
The second event of the season in the Grand Prix of Poland in Sopot.

9.00 PM
9.00 Boxing
Action from a top international contest.

10.00 PM
10.00 Stunts
And They Walked Away
Footage from more spectacular crashes.

11.00 PM
11.00 Racing Line
Featuring the FIA GT Championship, including Zolder highlights, and the Motorcycling Grand Prix highlights from Germany.

12.00 NIGHT TIME
12midnight-12.30am Superbike
Superbikes magazine shop.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre 7.15 World Wrestling Federation – Superstars 8.15 Sky Sports Centre 8.30 Racing News 9.00 European Beach Soccer 10.00 Aerobics Oz Style 10.30 Euro Tour Golf: TNT Dutch Open – LIVE
12.15pm Euro Tour Golf: Senior British Open – LIVE
1.45 Euro Tour Golf: TNT Dutch Open – LIVE
Continued live coverage from the Noordwijkse Golf Club as the first day of the TNT Dutch Open draws to a close. Lee Westwood is the defending champion.

4.15 Euro Tour Golf: Senior British Open – LIVE
Further live action from the opening day's play in the Senior British Open, won last year by the ever-popular Christy O'Connor Jnr. The beautiful Royal County Down Golf Club in Northern Ireland plays host.

6.00 Sky Sports Centre
Sports news.
6.30 European Beach Soccer
The tournament that is held at some of the world's most exotic beach locations.
7.30 FIFA TV
An insight into all areas and levels of football.

8.00 Trans World Sport
The latest, ground-breaking sports stories from across the world with some humour thrown in.

9.00 Futbol Mundial
A global view of the world game and current action.
9.30 Formula Palmer Audi
High octane action.

10.00 Sky Sports Centre
10.15 European Beach Soccer
The tournament held at some of the world's most exotic beach locations.
11.15 FIFA TV
An insight into all areas and levels of football.
11.45 Sky Sports Centre
12midnight Trans World Sport 1.00am Saloon Car Championship 1.30 Formula Palmer Audi 2.00 World Cup Football: Official FIFA Film – 1966 World Cup 4.00 European Beach Soccer 5.00-5.15am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics 7.30 Sky Sports Centre 7.45 Racing News 8.15 Futbol Mundial 8.45 Sky Sports Centre 9.00 Action Sport 9.30 Wild Spirits 10.00 World Cup Football: Official FIFA Film – 1962 World Cup 11.45 Sky Sports Classics – Superbowl XXXIV St Louis Rams v Tennesse Titans 12noon Beach Soccer 1.00pm Darts: World Matchplay 2000 – LIVE
A place in the semi-finals is up for grabs as the likes of Taylor, Harrington, Manley and company battle it out for the World Matchplay 2000 trophy. Action comes from Blackpool's Winter Gardens. Presented by Jeff Stelling.

5.00 British Superbike: Full Throttle
More thrills, spills, bumps and crashes from the frantic championship.

6.00 Saloon Car Championship
From the top circuits.
6.30 Formula Palmer Audi
High octane action.

7.00 Darts: World Matchplay 2000 – LIVE
Further live coverage of the fourth day's play in the World Matchplay 2000 darts championship. Jeff Stelling presents the action from Blackpool's Winter Gardens while Sid Waddell, Dave Lanning and John Gwynne supply the commentary.

11.00 Euro Tour Golf: TNT Dutch Open and Senior British Open
Opening day action featuring the masters and the apprentices from the European Tour.
1.30am Gaelic Games
Annual summer festival.
2.30 Saloon Car Championship 3.00 Formula Palmer Audi 3.30 Tight Lines 4.30-4.45am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon British Superbikes: Full Throttle
1.00pm Telegraph Action Sport
An insight into the dreams and real-life experiences of the sports people.
1.30 Wild Spirits
Wild and mad-cap series.
2.00 Steve Davis and Friends
Chats with sports stars.

3.00 World Cup Football: Official FIFA Film – 1966 World Cup
Glorious memories in this official FIFA film of the 1966 World Cup. Eusebio's brilliance, North Korea's stunning acts of giant-killing and, of course, Geoff Hurst's hat-trick are all remembered here.

5.00 World Wrestling Federation – Superstars
Kevin Kelly hosts the riveting, action-packed programme.

6.00 Gaelic Games
Action from the annual summer festival that is the Gaelic Games: one of the last truly amateur sporting festivals in the world.

7.00 Tight Lines
Bruno Brookes hosts the show for fishing fanatics and offers advice to viewers. With guest expert Keith Arthur.

8.00 Inside the PGA Tour
Behind the scenes.
8.30 Ford Golf USA: John Deere Classic – LIVE
Golfing action from the John Deere Classic, the latest competition in the US PGA Tour, staged at the Tournament Players Club at Deere Run Silvis, Illinois. It was a momentous year for JL Lewis in last year's tournament as he earned his first career Tour victory after coming through a five hole play-off.

11.00-11.30pm Saloon Car Championship: National Championship

SCI-FI
ACTION PACK

8.00am Battlestar Galactica
9.00 The Time Tunnel
10.00 Project UFO
11.00 The Incredible Hulk
12noon Babylon 5
1.00pm Highlander: The Raven
The Unknown Soldier
2.00 Battlestar Galactica
Galactica Discovers Earth – Part II

3.00 Robocop
Corporate Raiders
RoboCop and Officer Madigan are assigned to bring in a seemingly charming ex-terrorist.

4.00 The Time Tunnel
The Kidnappers
Tony and Doug try to rescue Ann who has been kidnapped.

5.00 Project UFO
The Devilish Davison Lights
A college professor sights a pair of V-shaped UFOs. With William Jordan and Edward Ryan.

6.00 The Incredible Hulk
Prometheus – Part II
Adventures of scientist David Banner and his alter-ego.

7.00 Highlander: The Raven
The Unknown Soldier
Nick crosses paths with John Ray Fielding, an Immortal soldier.

8.00 Babylon 5
Voices of Authority
There's a new, powerful ally in the fight against the Shadows and Sheridan's actions are questioned.

9.00 Babylon 5
Dust to Dust
A PSI-Cop investigates a powerful illegal drug on *Babylon 5*, but Sheridan distrusts his motives.

10.00 FILM: Poltergeist 2: The Other Side
JoBeth Williams, Craig T Nelson, Heather O'Rourke
A family moves into their grandmother's house in an effort to escape the aftermath of their daughter's abduction. *1986*
11.40 Sci-Focus Special
12midnight Lexx
Boomtown
1.00am FILM: 20,000 Leagues Under the Sea – Part II
Jules Verne's fantasy.
2.40 Sci-Focus Special 3.00-4.00am Babylon 5
Atonement

MTV
MUSIC & GAMES PACK

6.00am Select MTV
8.00 MTV Hits
9.00 Bytesize MTV: Britney Spears Special
NEW First in a series of special Britney programmes.
10.00 Bytesize MTV 12noon Biorhythm: Britney Spears 12.30pm Daily Edition 1.00 MTV Hits 2.00 Britney Spears Live
NEW Teen star Britney Spears meets Carson Daly and some her fans and performs some of her most famous songs in MTV's New York studios.

4.00 Select MTV
Two hours of chat, videos and guest appearances from some of the biggest names in pop.

6.00 Bytesize MTV: Britney Spears Special
All the best soundbites, live performances and videos from Britney.

7.00 Biorhythm: Britney Spears
Profile of the starlet.
7.30 Making the Video: Britney Spears – Oops! I Did It Again

8.00 MTV Dance Floor Chart Show
MTV's dance music expert June Sarpong hits the clubs and counts down the chart-toppers.

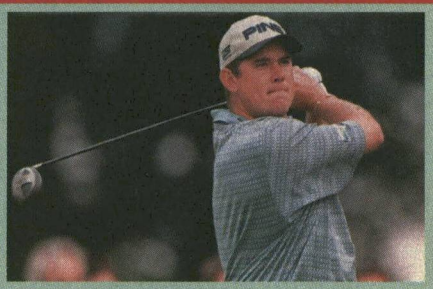
9.00 Daily Edition
Music news and gossip.
9.30 Celebrity Death Match
Britney Spears v Christina Aguilera

10.00 The Tom Green Show
More surreal and shocking humour from Tom Green.
10.30 Loveline USA
Angst LA-style.

11.00 MTV Dance Floor Chart Show
MTV's dance music expert June Sarpong hits the clubs and counts down the chart-toppers.
12midnight Partyzone 1.00am-6.00am Night Videos

LIVE EURO TOUR GOLF: TNT DUTCH OPEN
SKY SPORTS 1 10.30AM, 1.45PM

Delight at last year's TNT Dutch Open win for England's Lee Westwood (pictured) meant misery for Scotland's Gary Orr. Westwood's record-equalling final round of 63 stunned the field at the Hilversumsche Golf Club and caught Orr on the hop as he lost by a stroke. After his recent impressive performances – including victory at the Deutsche Bank-SAP Open in May – the 27-year-old from Nottinghamshire will be a good bet to retain his title – this time at the Noordwijkse Golf Club.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freview 10.06 Sex Under Hot Lights 11.15 Rendezvous 12midnight Freeview 12.12am Banged Up 12.35 Fraülein Debutantes 12.55 Babes Illustrated 8 2.10 Our First Time 2.30 Kinky Clubbers 2.50 Vixens 3.15-4.00am FILM: Amorous Artist

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Voyeur 12.25 Adult Feature 12.40 FILM: Thunder Road 1.00 The Five Minute Freeview 1.05 FILM continues 1.55 Search for a Porn Star 2.20 FILM: Adult Feature 3.30-4.00am And All Because...

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00-11.00 Pop-Up Video
8.00 Featuring Cyndi Lauper.
9.00 Featuring Tina Turner.
9.30 Featuring Prince
10.00 Alanis Morissette is given the *Pop-Up* treatment.
10.30 Features the Verve's *Bittersweet Symphony.*
11.00
Pop-Up Video Marathon
The best of *Pop-Up Video.*

3.00pm Pop-Up Video
Featuring trivia on Barenaked Ladies, Seal and Annie Lennox.
3.30 Pop-Up Video Marathon
The best of the new and the old *Pop-Ups* full of top pop trivia.

6.00-9.30
Pop-Up Video
6.00 *Pop-Up Video* turns the spotlight on top international female artists, featuring Sheryl Crow, The Go-Gos and Lisa Stansfield.

8.00 The Spice Girls, U2 and Billy Joel are subjected to the *Pop-Up* treatment.

9.00 Featuring Prince, Marvin Gaye and Lionel Richie.
9.30 Featuring Michael Jackson, Simple Minds and Tom Petty.
10.00 Behind the Music: 1984
A look back at the year that changed the face of pop music with the birth of the modern music video.
11.00 Pop-Up Video
More international stars get the *Pop-Up* treatment in the show full of top pop trivia about artists and their music videos.
12midnight Talk Music
Mark Ellen and Pip Dann present the latest music news and performances.
12.30am
Greatest Hits: R.E.M.
1.00 Hey, Watch This!
2.00 VH1 Flipside
3.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
New York
1.00 Jack Hanna's Zoo Life
Marine World Africa USA
1.30 Jack Hanna's Zoo Life
San Diego Zoo
2.00 Pet Rescue
2.30 Kratt's Creatures
The Great Canadians
Survival in northern Canada.

3.00 Zig and Zag
Gameshow and sports competition for dogs, presented by Kenny Sergeant.
3.30 Zig and Zag
4.00 Animal Planet Unleashed
Howie partakes of an evening bat walk.
4.30 Croc Files
Wildlife series.
5.00 Pet Rescue
More heart-warming tales of RSPCA rescues.
5.30 Going Wild with Jeff Corwin
Djuma, South Africa

6.00 The Aquanauts
A look at New Zealand marine scientists.
6.30 Croc Files
Venture into the world of the crocodile.
7.00
Profiles of Nature
The Porcupine and the Skunk
A look at two effective defence mechanisms.
8.00 Wildlife ER
Round-the-clock care for a wide variety of animals in critical need of attention.
8.30 Wildlife ER
More critical animal care.
9.00
Crocodile Hunter
Wildest Baby Animal Videos
Featuring baby possums, bears, snakes and tigers.
10.00
The Savage Season
How the creatures of the great Kalahari desert in northern Botswana survive the savage winter.
11.00
Emergency Vets
A baby coyote is admitted after being hit by a car.
11.30-12midnight
Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

Britney Spears Day: MTV devotes a day to the teen queen of pop. From 9.00am

ITV2
ACCESS PACK

4.00pm Trisha
Another double bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text

6.00 The Extremists
Extreme sports action.

6.30 Touch Football
Football show.

7.00 Amazing Games
Sports show.
7.30
Karate World Series
Top international martial arts action.
8.00 Sunset Beach
Eddie tells Annie that he will help her to get out of jail in return for a few well-chosen favours.
8.50 Chart Choice
9.00 Men for Sale
An audience of women bid for dream dates with eight male celebrities, including Jean-Claude Van Damme in aid of charity.
10.00 Emmerdale
A chance to catch tonight's episode from ITV. Text
10.30 Nuts and Bolts
Welsh drama series. The gang say their goodbyes.
11.00 The Jerry Springer Show
Outrageous US chat show with more revelations and confrontations.
11.50 The Late Show with David Letterman
Top-rated chat show with celebrity guests.
12.40am Freaky Stories
12.50 The Extremists
1.20 Touch Football
1.50-3.20am Emmerdale
Three episodes of the rural soap shown back-to-back.

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Changing Rooms: New Zealand 9.30 Real Rooms 10.00 Change That 10.30 A Room with a Clue 11.00 Repair to Remember 11.30 Fantasy Rooms 12noon Good Living 12.30pm Style Challenge 1.00 Delia Smith's Summer Collection 1.30 Ready, Steady, Cook 2.00 Gardening Neighbours 2.30 Gardeners' World

3.00 Garden Magic
Gardening series.
3.30 Gardening from Scratch
The Snip and Plants for Free
4.00 Stefan's Garden Roadshow
Help and advice on gardening dilemmas.
4.30 Good Living
Lifestyle series.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms: New Zealand
New Zealand's top designers transform rooms against the clock.
6.30
Antiques Roadshow
St David's
With Hugh Scully.
7.00 Real Rooms
Devon Playroom
Makeover show.
7.30 Change That
Mark Curry presents the interior design roadshow.
8.00 Style Challenge
Leading fashion experts give people the makeover of their dreams in less than 30 minutes.
8.30 Which Craft?
9.00 Looking Good
Two viewers try a week on a detox diet.
9.30 How Does Your Wallpaper Hang?
Mark Jeffries presents the DIY and home series with handy tips and advice from the experts.
10.30 House Invaders
Home improvement series, with Linda Barker.
11.00 Front Gardens
Victorian Terrace Gardens
11.30 Garden Magic
Toby Buckland and Lisa Davis offer solutions to gardening dilemmas.
12midnight
Gardeners' World
Alan Titchmarsh is joined by Pippa Greenwood in the grounds of Parnham House, West Sussex.
12.30am-1.00am Stefan's Garden Roadshow
Horticultural advice.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Queen Camilla 7.50 Super Scents 8.20 Barking Mad Text 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.15 Life on Earth 11.15 Spies in the Sky 12.15pm Animal Hospital on the Hoof Text 12.45 City Hospital 1.45 Sylvania Waters 2.15 Sylvania Waters 2.45 Queen Camilla
An insight into the character of this most famous royal mistress.

3.45
Vets to the Rescue
Heartwarming stories of pets in need.
4.20 Barking Mad
A football-crazy mongrel receives expert treatment.
4.50 Animal Hospital on the Hoof
From Whipsnade Animal Park. Text
5.25
Children's Hospital
Real-life medical drama.
5.55 City Hospital
The triumphs and trials of life for the patients and staff at Southampton General Hospital.
6.55
So You Think You're a Good Driver?
A look at the pitfalls of driving overseas.
7.30
Chimpanzee Diary
Real-life animal soap opera.
8.00 Barking Mad
A football-crazy mongrel receives expert treatment.
8.30
Children's Hospital
Real-life medical drama.
9.00
Paddington Green
Jackie is in Greece and pondering her next step.
9.35 Katie and Eilish
Follow the true story of Siamese twins Eilish and Katie Holton.
10.35
Out of This World
Featuring computer messages that seemed to come from the past.
11.05
We Are Not Alone
Featuring UFO sightings.
12.05am-1.00am
Footballers' Wives

UK PLAY:
1.00am Shooting Stars 1.30 People like Us 2.05 Vic Reeves Examines 2.35 Bang, Bang 3.10 Soundtrack 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Fool's Gold 4.45 Hey DJ 5.00 The Chris Moyles Show 5.30 Sound of Play 6.30-7.00am The Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow's Country Cooking 9.30 Classic Dishes 10.00 The Green Gourmet 10.30 Simply Baking 11.00 Flash in the Pan 11.30 Loyd's Louisiana 12noon Antony's Scotland 12.30pm In Season 1.00 Coxon's Kitchen College 1.30 Costa del Nosh 2.00 Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow's Country Cooking
Savouring Spain
3.30
Tessa's Tastebuds
Soft Herbs
4.00 Simply Baking
Omelettes
Baking with Andrew Nutter.
4.30 Classic Dishes
Alan Coxon prepares a sherry trifle.
5.00 Superchefs
5.30
Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm
Cocktail Challenge

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
Beyond the Silk Road
Part one of a fascinating insight into the recent turbulent history and rich culture of Tibet.
8.00 Rocket Men
Meet the people around the world who build rockets – from 30-foot missiles to six-inch models for fun or for fierce competition.
9.00
Medical Miracles
How those suffering from diseases and disabilities are being helped by futuristic medicine.
10.00
Return of a Hero
A look at John Glenn's 1962 space flight in which the shuttle circled the globe three times in five hours.
11.00 Wolves
An insight into the decline of America's wolf population, despite being covered by the Endangered Species Act.
12midnight
Out of the Stone Age
Meet a small Stone Age tribe in Papua New Guinea.
12.30am
Science and Animals
A look at efforts to understand the animal world.
1.00-2.00am Rocket Men

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
6.00 100%
Fast-paced quiz show.
6.30 Family Fortunes
Big money gameshow.
7.00 Beadle's About
7.30 Winner Takes All
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
2.30 3-2-1
3.30 The Krypton Factor
Gordon Burns hosts the gruelling test of physical stamina and mental agility.
4.00 Say the Word
4.30 Move on Up
5.00-6.00am
Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting
6.30 Garden Calendar 7.00 The Great Gardening Plot
7.30 Doorstep DIY 8.00 How to with B & Q 8.05 The House Doctor 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Garden Calendar 10.05 How to with B & Q 10.10 The Great Gardening Plot
10.40 Two's Country
11.10 Space Invaders
11.40 Home Savvy
12.10pm How to with B & Q
12.15 Hometime
12.45 Classic This Old House
1.15 Home Again with Bob Vila
1.45 Wood Wizard
2.15 How to with B & Q
2.20 New Yankee Workshop
2.50 Kingsbury Square
3.20 Rex Hunt Fishing Adventures
3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am buzz:tracks
11.00 Ibiza 2000
11.30 Mountain Bikes
12noon buzz:tracks
1.00pm Hip-Hop Special
1.30 That Film Show
2.00 Adrenalize
2.30 Byte Me
3.00 Surf Film
4.00 Trainspotters 99
5.00 Ibiza 2000
News and gossip from the club capital of the world.
5.30-6.00pm e-trippers

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm
LLTV – Local Life

Thursday 27 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Flying Rhino Junior High 6.00 Fat Dog Mendoza 7.00 Tom and Jerry 8.00 Dexter's Laboratory 9.00 Angela Anaconda 10.00 The Powerpuff Girls 11.00 Dragonball Z 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Tom and Jerry 1.30 Cow and Chicken 2.00 Tom and Jerry 2.30 Mike, Lu and Og

NICKELODEON
FAMILY PACK

7.00am Transylvania Pet Shop 7.30 Transylvania Pet Shop 8.00 Ren and Stimpy 8.30 Ren and Stimpy 9.00 Kenan and Kel 9.30 Kenan and Kel 10.00 Sister Sister 10.30 Sister Sister 11.00 Cousin Skeeter 11.30 Cousin Skeeter 12noon Rugrats 12.30pm Rugrats 1.00 Hey Arnold 1.30 Hey Arnold 2.00 Hey Arnold 2.30 Hey Arnold

FOX KIDS
FAMILY PACK

6.00am Oggy 6.10 Bad Dog 6.30 Bobby's World 6.55 Jim Button 7.15 Walter Melon 7.40 Inspector Gadget 8.00 Oggy and the Cockroaches 8.10 Biker Mice 8.30 Dennis 8.55 Sailor Moon 9.40 Digimon 10.00 Power Rangers 10.20 Monster Rancher 10.45 Masked Rider 11.05 X-Men 11.30 Spy Dogs 11.50 Ace Ventura 12.15pm Walter Melon 12.35 Inspector Gadget 1.00 Woody 1.10 Casper 1.30 Donkey Kong 1.55 Dennis 2.20 Life with Louie 2.40 Princess Sissi

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Movers 1.15 Asian Edition 1.30 World Report 2.30 Showbiz 3.30 Sport 4.30 Hotspots 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 WorldView 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia Business 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five
Jeremy Thompson and Kay Burley with the top stories.
8.30 Sky Business Report 9.30 Fashion TV 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Fashion TV 4.30 The Book Show 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Autant Savoir 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Le Dernier Eté 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Dunia 1.00 Journal 1.15 Le Dernier Eté 2.15 C'est Mon Choix 3.00 Journal 3.15 Questions 3.30 Teletourisme 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Le Dernier Eté 6.00 Les Conflits Verts 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Les Aventuriers de la Science 9.00 Journal 9.15 Des Trains Pas Comme les Autres 10.00 Les Confits Verts 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Akhir Kyon 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Fuldani Foram 12.30pm Thekikaat 1.00 Katha Sagar 1.30 FILM 4.00 Take 2 4.30 Music Fusion 5.00 Kaala Daira 6.00 Mumkin 6.30 Videocon Flashback 7.00 Katha Sagar 7.30 News 8.00 Wilaytee Babu 8.30 FILM 11.30 News 12midnight Wilaytee Babu 12.30am MTV 123 1.15 FILM 4.00 Thekikaat 4.30 Mumkin 5.00 Dooriyan 6.00 Holy Quran 6.30 DD Programme 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Usha Uthap Show 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Sai Baba 7.30 News 8.00 Karobari Duniya 8.30 Teacher 9.00 Daayre 9.30 Bodymatters 10.00 Tum Hi To Ho 11.00 Iffat's Fashion Magazine 11.30 Aangan 12noon FILM 3.00pm Professor Pyarelal 3.30 Ikke Pe Ikka 4.00 Raahat 4.30 Pride Antakshari 5.00 Chingari 5.30 Aangan 6.00 Banegi Apni Baat 7.00 Hotel Hindustani 7.30 Aashiqui 8.00 News Bulletin 8.30 Pride Ka Aashirwad 9.00 Raahein 9.30 Kasak 10.00 Thriller at 10 10.30 Pakistan News Link 11.00 Saath Saath 11.30 Woh 12midnight Punjabi News 12.15am News Bulletin 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 V3 5.30-6.00am Hey Ha Ho

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Andrew Wommack 6.00 Winning Edge 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 CMTV 8.20 Thought for the Day 8.30 Life in the Word 9.00 Potter's House 9.30 Winning Ways 10.00 CMTV 10.30-11.00am 700 Club Replay

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.30 Live Market from New York 3.30 Wall Street Report 5.05-6.00am US Market Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 House of Lords 11.30 House of Commons 7.30pm House of Lords 11.00 The Record 11.30-12midnight Europe

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM

4.00pm Rex Hunt Fishing Adventures
Rex Hunt fishes for kingfish off the coast of New South Wales.
4.30 Discovery Today

5.00 PM

5.00
Spell of the North
Siberia's Passage of Terror
Journey across this region from west to east.

6.00 PM

6.00 Ultimate Guide
Great Apes
Study the genetic closeness of the great apes to humans, through wildlife footage and 3D graphics.

7.00 PM

7.00 Great Escapes
Longest Search
7.30 Discovery Today
More topical reports on the latest issues in science and technology.

8.00 PM

8.00
Medical Detectives
Broken Bond
8.30
Medical Detectives
Till Death Do Us Part

9.00 PM

9.00 The FBI Files
Family Secrets
The disappearance of a woman and her son in Pennsylvania leads to a murder investigation.

10.00 PM

10.00
Diving with the Force
10.30 Super Reality
Learn how the latest computer technology is revolutionising car design.

11.00 PM

11.00 The Detonators
A woman trains to become Britain's first female explosives engineer.
11.30
Extreme Terrain

12.00

NIGHT TIME

12midnight Time Team
Navan – Palaces of the Irish Kings
More archaeological investigations.
1.00am Diving School
The students encounter a tough new instructor.
1.30-2.00am
Discovery Today

CARTOON NETWORK
FAMILY PACK

3.00 Tom and Jerry
Madcap comic antics with the sparring cat and mouse.
3.30
Dexter's Laboratory
More chemical chaos.
4.00 Tom and Jerry
Madcap comic antics with the sparring cat and mouse.
4.30
The Powerpuff Girls
Feminine superheroics.
5.00 Tom and Jerry
Madcap comic antics with the sparring cat and mouse.
5.30
Pinky and the Brain
Animated comedy.
6.00 Tom and Jerry
Madcap comic antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
The big mutt and his pals foil another spooky scheme.
7.30 Looney Tunes
8.00 Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

TCM
FAMILY PACK

9.00pm FILM: Three Godfathers
John Wayne, Ward Bond, Pedro Armendariz
Western drama. Three outlaws trekking across the desert to escape a posse find themselves the reluctant custodians of a motherless infant – who must be taken to the nearest town if he is to survive. *1948*
11.05-1.00am FILM: Return of the Gunfighter
Western drama. *1967*

CARTOON NETWORK:
1.00am The Moomins 1.30 The Magic Roundabout 2.00 Tabaluga 2.00 Blinky Bill 3.00 The Tidings 3.30 The Fruitties 4.00 The Moomins 4.30-5.00am The Magic Roundabout

NICKELODEON
FAMILY PACK

3.00 Hey Arnold!
More adventures with the kid with the cool quiff.
3.30 Hey Arnold!
More adventures with the kid with the cool quiff.
4.00 Kenan and Kel
The adventures of two funky friends.
4.30 Kenan and Kel
The adventures of two funky friends.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 Caroline in the City
8.00 Ellen
When the Vow Breaks – Part I
8.30 Just Shoot Me
Jack's Old Partner
Jack gets writer's block.
9.00 Married... With Children
Where's the Boss?
9.30 Cybill
Fine Is Not a Feeling
Maryann's son leaves.
10.00 Frasier
Ski Lodge
The Cranes spend a weekend at the ski lodge.
10.30 Harry Hill
More big-collared comedy.
11.00
The Jack Dee Show
11.30 Cheers
Cheers Fouls Out
Cheers and Gary's Tavern compete at basketball.
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio
1.35 Duckman
2.00 Hitz
2.30 Encore Encore!
3.00 It's Garry Shandling's Show
3.30-4.00am Abbott and Costello

FOX KIDS
FAMILY PACK

3.00 Princess Starla and the Jewel Riders
3.20 Sailor Moon
Cult Japanese cartoon.
3.45 Mighty Morphin' Power Rangers
Live-action adventures.
4.05 Mighty Morphin' Power Rangers
4.30 Digimon
4.50 Masked Rider
The adventures of a teenage alien superhero.
5.15
Monster Rancher
5.35
Biker Mice from Mars
Heroic rock'n'roll rodents.
6.00 The New Addams Family
6.25 Casper
6.35-7.00pm Goosebumps

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection 7.00 Sports Shop! 7.30 Home Shop! 8.30 Holiday Shop! 9.30 Home Shop! 10.00 Jewellery Shop! 11.00 Entertainment Shop! A selection of TVs and VCRs. 12noon Shop! Outlet 12.30pm Shop! Selection 1.30 Shop! Special 2.30 Technology Shop! 3.30 Clothes Shop! 4.30 Holiday Shop! 5.00 Collectors' Shop! 5.30 Shop! Preview 6.00 Shop! Selection 7.00-7.30pm Jewellery Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* at 6.00am followed by children's shows. Saturdays: Children's programming and a round-up of the week's news in *The Review*. Sundays: Highlights include a *Pokémon* triple bill and *The Review*.

THE HISTORY CHANNEL
WORLD PACK

12noon The Mysterious Howard Hughes 12.55pm Photos for the Future II 1.00 Navigation 2.00 Biography *Vincent Van Gogh* 3.00 Fabulous Fortunes *Lucky Strike – Nature's Bounty* 3.30 Playback with Tom Robinson 4.00 War Games 5.00 Stories of Steam 6.00 China's Wall of Doom 6.55 Photos for the Future II 7.00 Armament
Explore the evolution of maritime weaponry.
8.00 Biography *Pablo Picasso – Part I* 9.00 Great Crimes and Trials *Charles Starkweather* 9.30-10.00pm Great Crimes and Trials *The Trial of Dr Samuel Sheppard*

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Britt Ekland Fashion Jewellery at 6.00pm.

CLEAR ALL YOUR EXISTING CREDIT NOW!!!

PAY OFF ALL YOUR EXISTING CREDIT CARDS, OVERDRAFTS & UNSECURED LOANS AND REPLACE THEM WITH JUST ONE MANAGEABLE MONTHLY PAYMENT.

ANY PURPOSE

SEE US ON TELEVISION TELETEXT PAGE 386

LOANS

FIXED RATES FOR UP TO 15 YEARS AVAILABLE

REMORTGAGES ALSO AVAILABLE ON DIFFERENT TERMS - ASK FOR DETAILS

MANY OTHER LOAN AMOUNTS AND REPAYMENT PERIODS ARE ALSO AVAILABLE

APR	Borrow	60 MTHS	90 MTHS	120 MTHS	180 MTHS	240 MTHS
9.9% Variable or fixed for up to 5 years NO FEES	£40,000	841.33	623.94	518.47	418.66	373.90
	£35,000	736.16	545.94	453.66	366.32	327.16
	£30,000	630.99	467.95	388.85	313.99	280.42
	£25,000	525.83	389.96	324.04	261.66	233.69
	£20,000	420.66	311.97	259.23	209.33	186.95
11.4% Variable or fixed for up to 5 years NO FEES	£17,500	379.79	285.65	240.27	198.03	179.68
	£15,000	325.54	244.85	205.95	169.74	154.01
	£12,500	271.28	204.04	171.62	141.45	128.34
	£11,000	238.73	179.55	151.03	124.47	112.94
	£10,000	217.03	163.23	137.30	113.16	102.67
12.9% Variable or fixed for up to 5 years NO FEES	£9,000	201.29	153.30	130.38	109.41	100.61
	£8,000	178.93	136.27	115.89	97.25	89.43
	£7,500	167.74	127.75	108.65	91.17	83.84
	£6,000	134.20	102.20	86.92	72.94	67.07
	£5,000	111.83	85.17	72.43	60.78	55.89

TYPICAL EXAMPLE: Borrow £10,000 over 60 months = £217.03 x 60
Total repayable £13,021.80 APR 11.4% variable

Licenced Lenders & Credit Brokers · Written Quotations on Request · Loans Secured on Property and Subject to Status

CALLS PERSONALLY ANSWERED 24 HOURS A DAY INCLUDING WEEKENDS

HOMEOWNERS / MORTGAGE PAYERS - FOR A LOAN BETWEEN £3,000 AND £50,000 - CALL FREE NOW - AN IMMEDIATE IN PRINCIPLE DECISION CAN BE GIVEN WITHIN MINUTES IF REQUIRED

☎ **0800 858858**

No Tenants

www.ocean-finance.co.uk

Telephone calls may be recorded for training purposes

FISA registered

OCEAN FINANCE ARE THE COUNTRY'S LARGEST FINANCE BROKER.

Members of the Corporation of Finance Brokers

WHY IS IT THAT SO MANY PEOPLE CHOOSE OCEAN FINANCE TO HELP THEM RAISE MONEY?
WE THINK THAT IT IS FOR THE FOLLOWING REASONS:-

★ OUR SPEED OF SERVICE - WITH OUR EXPERIENCED STAFF YOUR LOAN ENQUIRY WILL BE DEALT WITH QUICKLY AND PROFESSIONALLY. YOU WILL NOT HAVE TO ENDURE TELEPHONE QUEUEING SYSTEMS OR ANSWERING MACHINES. WE CAN GIVE YOU AN 'IN PRINCIPLE' DECISION WITHIN FIVE MINUTES.

★ WE GUARANTEE NO BROKER FEES WILL BE CHARGED EITHER UP FRONT OR ON COMPLETION OF YOUR LOAN.

★ IN YOUR DEALINGS WITH US YOU'LL FIND THAT WE ARE FRIENDLY, HONEST, COURTEOUS AND UNDERSTANDING BECAUSE WE CARE.

★ FIXED, CAPPED AND VARIABLE RATES ARE AVAILABLE ON VERY COMPETITIVE TERMS.

★ REBATES GIVEN FOR EARLY SETTLEMENT.

★ WE WILL CONSIDER ALL CIRCUMSTANCES INCLUDING MORTGAGE ARREARS, COUNTY COURT JUDGEMENTS, DEFAULTS OR A POOR CREDIT RATING (ON CERTAIN BUT NOT ALL OCCASIONS AN ALTERNATIVE INTEREST RATE MAY BE OFFERED TO SUCH CUSTOMERS).

★ UNSECURED LOANS AND LOANS UP TO 125% OF PROPERTY VALUE ARE ALSO AVAILABLE
(DIFFERENT TERMS & RATES APPLY TO THOSE ADVERTISED).

★ FACILITIES AVAILABLE FOR RETIRED APPLICANTS AND FOR PEOPLE IN RECEIPT OF PENSION/BENEFIT INCOME (DIFFERENT TERMS MAY APPLY).

★ OUR LOANS ARE COMPLETED BY POST. PERSONAL HOME VISITS ARE ALSO AVAILABLE UPON YOUR REQUEST. PLEASE THEREFORE REQUEST THIS SERVICE IF REQUIRED.

★ OPTIONAL ACCIDENT, SICKNESS & REDUNDANCY PROTECTION PROVIDED IF REQUIRED.

★ BORROW OVER ANY TERM (3–25 YEARS) AND BORROW ANY AMOUNT (£3,000–£500,000).

★ FREE LIFE INSURANCE ON MOST LOANS.

★ ALL ENQUIRIES TREATED ON A 'NO OBLIGATION' BASIS.

FOR YOUR NO OBLIGATION INFORMATION PACK & APPLICATION FORM APPLY NOW!
(Homeowners & Mortgage Payers only should complete coupon) No stamp required

Please complete in block capitals: **I would like information on SECURED / UNSECURED loans** *(delete)*

Your full names .....

Full address .....

.....

.....

Post code .....

Cable

Post in an envelope to:
OCEAN FINANCE, Marlborough House, St. John Street, FREEPOST WV1873, Lichfield, WS13 6BR

YOUR HOME IS AT RISK IF YOU DO NOT KEEP UP REPAYMENTS ON A MORTGAGE OR OTHER LOAN SECURED ON IT

Friday 28 July

SKY PREMIER
PREMIUM CHANNEL

6.00am
A Marriage of Convenience
1998, rating Sky PG, 87 mins
7.30 Driving Me Crazy
1991, rating Sky PG, 103 mins
9.30 Arthur's Quest
1998, rating Sky U, 84 mins
11.00 McCinsey's Island
Text *1997, rating Sky PG, 89 mins*
1.00pm The Mask of Zorro
Antonio Banderas, Anthony Hopkins, Catherine Zeta-Jones
Swashbuckling adventure based on the classic legend of Zorro. Text *1998, rating Sky PG, DS, 132 mins*

3.15 Arthur's Quest
Arye Gross, Alexandra Paul, Catherine Oxenberg, Clint Howard
Adventure in which the child King Arthur is transported to modern day America to escape the clutches of an evil sorceress. *1998, rating Sky U, 84 mins*
4.45 3 Ninjas: High
Noon on Mega Mountain
Hulk Hogan, Loni Anderson, Jim Varney, Mathew Botuchis
Adventure. The kindergarten karate kids find themselves up against a horde of ninjas while trying to save a theme park. Text *1998, rating Sky PG, 87 mins*
6.15 McCinsey's Island
Hulk Hogan, Grace Jones, Todd Sheeler, Robert Vaughn
Adventure about a secret agent who decides to retire to a tropical island. However, when news gets out that there is treasure buried there, he finds himself caught up in a thrilling adventure. Text *1997, rating Sky PG, 89 mins*
8.00 The Mask of Zorro
Antonio Banderas, Anthony Hopkins, Catherine Zeta-Jones
Epic Swashbuckling adventure based on the legend of Zorro. The man once known as Zorro – has long since hung up his sword but decides to embark on a quest to find a successor, because a brutal despot is hatching a plot to buy California in extremely dubious circumstances. Text *1998, rating Sky PG, DS, 132 mins*
10.15 The Negotiator
Samuel L Jackson, Kevin Spacey
Action drama about a hostage negotiator who finds himself framed for murder. He decides to take some hostages of his own to make sure his voice is heard and, when another tough negotiator arrives on the scene, the two men engage in a tremendous battle of wills. Text *1998, rating Sky 15, 134 mins*
12.35am Lolita
Text *1997, rating Sky 18, 132 mins*
2.50 A Rage in Harlem
1991, rating Sky 18, 104 mins
4.40-6.00am 3 Ninjas: High Noon on Mega Mountain
Text *1998, rating Sky PG, 87 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am Jackie's Back!
1999, rating Sky PG, DS, 87 mins
8.00 Boys Will Be Boys
1997, rating Sky U, 87 mins
10.00 Danielle Steel's Palomino
1991, rating Sky PG, 90 mins
12noon Immediate Family
Glenn Close, James Woods, Mary Stuart Masterson, Kevin Dillon
1989, rating Sky PG, 95 mins
2.00pm Boys Will Be Boys
Randy Travis, James Williams, Drew Winget, Julie Hagerty
Comic caper about two mischievous young brothers who persuade their ambitious father that they are quite capable of babysitting themselves for an evening. *1997, rating Sky U, 87 mins*
4.00
Danielle Steel's Palomino
Lindsay Frost, Lee Horsley, Eva Marie Saint, Rod Taylor
Romantic drama about a successful photographer who seems to have everything in life, but someone to share it with. When a riding accident leaves her partially paralysed, however, she finally discovers true love. *1991, rating Sky PG, 90 mins*
6.00
Vanished Without a Trace
Shelley Long, William R Moses, Jennifer Jostyn, Joshua Pearce
Drama about a mother desperate to find her kidnapped daughter. But when the search ends in tragedy, the mother begins a new crusade – to find and bring her daughter's killer to justice. *1998, rating Sky PG, 85 mins*
7.35 UK Top Ten
8.00 Gremlins 2: The New Batch
Zach Galligan, Phoebe Cates, John Glover, Robert Prosky
Comedy sequel. The furry vermin with the vicious temperament return – this time to cause havoc on the air-waves as they take over the media magnate's cable network. Can the Gremlin scourge be defeated once and for all? *1990, rating Sky 15, 102 mins*
10.00 Critters
Dee Wallace Stone, M Emmet Walsh, Billy Green Bush
Horror and comedy ensue when some toothy aliens lay siege to the farmhouse of an all-American family – the humans doing everything they can to fend off the ferocious fuzzballs. *1986, rating Sky 15, 82 mins*
11.30 Captured
Thriller about car thieves. Text *1998, rating Sky 18, 91 mins*
1.10am Dying on the Edge
John Heard, Jasmine Guy
1999, rating Sky 15, 88 mins
2.45 The Advocate's Devil
Ken Olin, Holt McCallany
1997, rating Sky 15, 86 mins
4.15-6.00am Immediate Family
1989, rating Sky PG, 95 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

SKY CINEMA
PREMIUM CHANNEL

4.00pm 20,000 Leagues Under the Sea
Kirk Douglas, James Mason, Peter Lorre, Paul Lukas
Disney version of Jules Verne's classic novel. A group of scientists, sent to investigate a number of suspicious sinkings and tales of a vicious whale-like creature, endures a hair-raising adventure within an infamous captain's submarine. *1954, rating Sky U, 122 mins*
6.15 City Beneath the Sea
Robert Wagner, Stuart Whitman, Rosemary Forsyth, Joseph Cotten
Futuristic adventure about the first colony to be built underwater which opens in 2053. Its new population is soon forced to confront a whole spectrum of incidents, from treachery to an impending asteroid attack. *1971, rating Sky U, 90 mins*
8.00 The Mackintosh Man
Paul Newman, Jason Mason, Dominique Sanda, Harry Andrews
Espionage thriller. A secret agent must win the confidence of the members of a deadly criminal ring as he pursues a target who has escaped from jail. However, nothing is quite as it seems at first and the agent's quarry may, in fact, be completely innocent. *1973, rating Sky 15, 94 mins*
10.00 Night Game
Roy Scheider, Karen Young, Paul Gleason, Lane Smith
A fascinating, offbeat thriller in which a detective links a series of murders to the home record of a Houston basketball team. *1989, rating Sky 18, 92 mins*
11.40 The Virgin Soldiers
Hywel Bennett, Lynn Redgrave
Comedy following the exploits of a group of raw recruits doing National Service in Singapore. *1969, rating Sky 15, 91 mins*
1.15am Gumshoe
1971, rating Sky 15, 82 mins
2.45 Night Game
1989, rating Sky 18, 92 mins
4.25-6.00am Lone Wolf Keeps a Date
1940, rating Sky PG, 62 mins

Watching the detectives: Albert Finney turns his private eye fantasy into reality in 'Gumshoe'. Sky Cinema 1.15am

FILMFOUR
ADD-ON CHANNEL

6.00pm Short Attention Span Cinema – Short Films
Kick off the weekend with two hours of the very best that's short and sweet in the film world. Short films, commercials and music videos sit alongside interviews, reports and insights into the often neglected world of short films. An incisive, exploratory look at the up-and-coming names who might be on everyone's lips next year.
8.00 Sling Blade
Billy Bob Thornton, Lucas Black, Dwight Yoakam, J T Walsh
Drama. A man with learning difficulties, who murdered his mother and her lover at the age of 12, is released into the community after spending most of his life in a mental institution. He believes he has learned his lesson, but a confrontation is looming with the bullying boyfriend of one of his new-found friends. *1996, 129 mins*
10.20 Niagara, Niagara
Robin Tunney, Henry Thomas
Drama. A couple meet in a parking lot – she suffers from Tourette's Syndrome, he has an abusive father. They decide to head to Toronto but, along the way, her medication runs out and, while trying to steal more, they have an accident and are rescued by a widower. *1997, 90 mins*
12midnight The Doom Generation
James Duval, Rose McGowan
Drama. *1995, 80 mins*
1.30am The Last Broadcast
Horror. *1998, 86 mins*
3.00-6.00am Paradise Lost: The Child Murders At Robin Hood Hills
Documentary. *1996 ,150 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Ingrid Bergman Remembered
The fascinating story of the much-loved actress, told by her two daughters Pia Lindstrom and Isabella Rossellini.
8.00pm Joan of Arc
Ingrid Bergman, Jose Ferrer, Francis L Sullivan, Ward Bond
Historical drama following the life of the French farm girl who became the Catholic Church's most famous French saint after bravely leading an army against the English. Her life was tragically cut short, however, after she was cruelly betrayed and tried as a heretic. *1948, 145 mins*
10.00pm Frenzy
Jon Finch, Barry Foster, Barbara Leigh-Hunt, Anna Massey
Hitchcock thriller in which London is terrorised by a series of vicious murders, the handy work of a suave strangler. Following the killing of his wife, an innocent man is wrongly accused of the murder spree and goes on the run to try and prove his innocence. *1972, 116 mins*
12.15am Eyes of Laura Mars
Faye Dunaway, Tommy Lee Jones
Thriller. *1978, 103 mins*
2.00 The Big Twist
Stephen Rea, Illeana Douglas
Satirical comedy. *1998, 120 mins*
3.45 Frenzy
Hitchcock thriller. *1972, 116 mins*
5.15-7.00am Joan Crawford – Always the Star

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

THE BIG HIT
Rating 18, 88 mins
Dark comedy. A group of hitmen take on what they think will be an easy kidnap job – only to find that the target is their boss' godson. Stars Mark Wahlberg and Lou Diamond Phillips.
T/C: Action kidnapping.
BL: Frequent, coarse.
S/N: Infrequent, mild.
V: Frequent, strong.
6.40pm, 8.30pm, 10.20pm, 12.10am, 2.00am, 3.50am

Channel 53

PARTING SHOTS
Rating 12, 95 mins
Comedy. A once-fashionable photographer learns he is dying and decides to take revenge on the people who betrayed him. But, first, he needs to get a gun. Stars Chris Rea and John Cleese.
T/C: Black comedy, revenge.
BL: Infrequent, mild.
S/N: Infrequent, mild.
V: Some moderate.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon 10.00 Pokémon 10.30 The Simpsons Text 11.00 The Best of Star Trek: Voyager Text 1.00pm Dream Team Omnibus Text 2.00 Mega Babies 2.30 Godzilla

3.00 Mummies Alive
Ra, Ra, Ra, Ra
Scarab tries to grab Presley.
3.30 Pokémon
Beach Blank-Out Blastoise
Ash rescues a Wartortle.
4.00 Pokémon
The Misty Mermaid
The gang visits a gym.
4.30 Pokémon
Clefairy Tales
Animated adventures.
5.00 Star Trek
Science fiction adventures from the long-running series.

6.00 Early Edition
Up Chuck
As Gary tries to save a man condemned to death years ago, he begins to learn more about the history of the paper.
7.00 The Simpsons
Radio Bart
Featuring the voice of Sting. Text
7.30 The Simpsons
Principal Charming
Homer arranges a date. Text
8.00 The Best of Star Trek: Voyager
The Killing Game – Part I and II
Voyager is taken over by a group of Hirogens who place the crew in a simulation of World War II. Stars Kate Mulgrew and Jeri Lynn Ryan. Text

10.00 The Outer Limits
Small Friends
Science fiction anthology series with unusual tales of mystery and the unknown.

11.00 Cops
Fresno
Officers track a suspect. Text
11.30 Cops
Fresno
More police action. Text
12midnight Star Trek
1.00am New York Undercover
The Unthinkable
A mother, desperate to find out who was responsible for shooting her children, leads the detectives to discover that the murderer was someone believed to be 'unthinkable'. Text
2.00-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am 'Allo 'Allo! Text 6.40 Bread Text 7.15 The Brittas Empire 7.50 Birds of a Feather Text 8.25 EastEnders Text 9.00 The Bill Text 9.30 The Bill Text 10.00 Bergerac 11.00 Knots Landing 11.55 Neighbours 12.25pm EastEnders Text 1.00 Dangerfield 2.00 Knots Landing

3.00 The Bill
No More Milk
Sun Hill police drama. Text
3.30 The Bill
An Englishman's Home
A neighbours' dispute erupts. Text
4.00 EastEnders
Sharon tries to accept Phil and Kathy's engagement. Text
4.35 Neighbours
Lauren is overwhelmed by the reception she receives.
5.00 The Liver Birds
Facing up to Life
Sitcom featuring the antics of two Liverpudlian lasses.
5.40 Bread
Jack finds out that his worries about his health are unfounded. With Jean Boht. Text
6.20 The Brittas Empire
Back with a Bang
The staff prepare a red-carpet welcome back for Gordon Brittas.
7.00 Just Good Friends
Bittersweet sitcom about the on-off relationship between Penny and Vince. With Paul Nicholas.
7.40 Birds of a Feather
Baggage
Sharon seeks revenge at a school reunion. Text
8.20 Kiss Me Kate
Puppy
Kate is hounded by a journalist. With Caroline Quentin. Text
9.00
One Foot in the Grave
Return of the Speckled Band
Victor celebrates his birthday.
9.40 Jonathan Creek
Black Canary
Special Christmas episode. Maddy and Creek examine the death of an illusionist who had retired from magic 15 years earlier when her twin sister was killed in a horrific accident. Could the suicide have any connection with the return of the magician's long-lost niece? Text
11.35 The Bill
No More Milk
Sun Hill police drama. Text
12.05am The Bill
An Englishman's Home Text
12.40 One Foot in the Grave
1.15 Jonathan Creek
Black Canary Text
3.00 EastEnders Text
3.30 Casualty
4.30 The Liver Birds
5.00 The Liver Birds
5.30-6.00am Angels

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Shopping across the UK 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 Family Confidential 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich

3.20 Relationship SOS
Programme giving advice to people who need to revamp their relationships.
3.50 Forgive or Forget
Host Mother Love deals with real-life problems.
4.40 Oh Baby
Sitcom about a successful single woman who has had a baby by artificial insemination.
5.05 Streetmate
Davina McCall scours the country for single people.
5.35 Ready, Steady, Cook
Cookery show in which two top chefs compete against the clock to create exciting recipes.
6.10
The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in lively debate.
7.00 Judge Judy
Judy Sheindlin presides over real-life cases and conflicts.
7.30 Will and Grace
American sitcom about two mismatched roommates.
8.00 Charmed
Drama series about three sisters who move into a house left to them by their grandmother – only to find they have inherited her powers of witchcraft as well.
9.00 Profiler
Suspense thriller series about Dr Sam Waters, a forensic psychologist with a gift for understanding the criminal mind. Stars Ally Walker and Robert Davi.
10.00 FILM:
Midwest Obsession
Courtney Thorne-Smith, Kyle Secor, Tracey Gold
Thriller based on the true story of a beauty queen who becomes fixated with a man who will never love her – but she is willing to eliminate his girlfriend in order to have him. *1995*
11.50-12midnight Sex Bites

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hawaii Five-0 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 Home to Roost 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

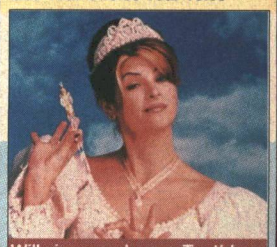
3.00 Boon
Of Meissen Men
Boon is hired to find a missing husband and soon finds himself involved in a major international antiques case.
4.00 Kojak
Chain of Custody
Kojak finds himself suspended from the force when he expresses his anger at the incompetence of DA Tom Turner.
5.00 Hart to Hart
Cruise at Your Own Risk
The Harts board a luxurious ocean liner to investigate a series of jewel thefts and find themselves at the mercy of rival burglars.
6.00 Emmerdale
Kim Tate tries to persuade Frank to reconsider his decision. Text
6.30
Classic Coronation Street
Audrey and Alf return. Text
7.00 Sorry!
Winter's Tales
Comedy with Ronnie Corbett.
7.30 Robin's Nest
Love and Marriage
Robin and Victoria marry.
8.00 Boon
The Relief of Matty King
A night-club owner engages Boon to find out why his licence has not been renewed. With Michael Elphick and David Daker.
9.00 Kojak
The Captain's Brother's Wife
Shelley Winters guest-stars as the Captain's widowed sister-in-law. With Telly Savalas.
10.00-11.00pm Taggart
Death without Dishonour – Part I

GRANADA MEN & MOTORS
ACTION PACK

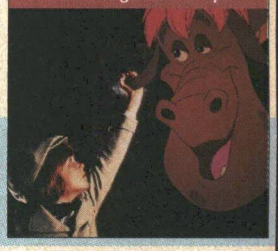
11.00pm Strippers
Documentary series that focuses on the world of lap dancing.
11.30 Beaver España
Danni Hunt goes in search of the perfect man.
12midnight Jo Guest in Jamaica
Raunchy travel show, filmed at the Hedonism II resort, featuring a scavenger hunt on a nudist beach, and Jo's sunbathing survival guide.
12.30am Girls on Film
Calendar Girls
1.00 E! Wild On...
The Sunset Strip
1.50-2.00am Wicked Willie

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

4.30am Pooh 4.45 Music Time 4.50 Olie 5.00 Bear 5.25 Art Play 5.30 PB and J Otter 5.45 Bite Size 6.00 Toons 6.05 Circle Time 6.10 Rolie Polie Olie 6.20 Spot 6.30 Out of the Box 7.00 Mouseworks 7.30 101 Dalmatians 8.00 Your Choice Your Voice 1.00pm FILM: Your Choice Your Voice: Toothless or Pete's Dragon 2.30 Your Choice Your Voice



Will viewers choose *Toothless* or *Pete's Dragon* at 1.00pm?



7.00 FILM:
The Rescuers Down Under
Voices of Bob Newhart, Eva Gabor, John Candy
Two members of the Rescue Aid Society set out for Australia in order to help a kidnapped eagle and a young boy. *1990* Text
8.15 Honey, I Shrunk the Kids: The TV Show
Science is serious fun in the Szalinski household. Text
9.00 Flipper
Live action marine adventure in Florida with TV's most famous and fabulous dolphin. Text
9.45 Dinosaurs
Prehistoric comedy series. Text
10.10 Home Improvement
Comedy double bill. Text
11.00
Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

FRIDAY CONTINUES OVERLEAF...

6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

CABLE CHOICE

FILM

Frenzy
Carlton Cinema 10.00pm, 3.45am
Alfred Hitchcock returned to England to shoot this, his penultimate film. A sex-crazed strangler is preying on women in London, and an innocent, embittered young man (Jon Finch) is accused of the murders. A sullying suspense thriller with several inspired set-pieces.

GENERAL

Barking Mad
UK Horizons 4.20pm, 8.00pm
Philippa Forrester and vet Mark Evans present a new series charting the trials and tribulations of owners with problem pets. Animal behaviourists come to the rescue of families with anti-social pets. Today's terrors include a shire horse with a phobia about the farrier.

ADVERTISEMENT

UK GOLD

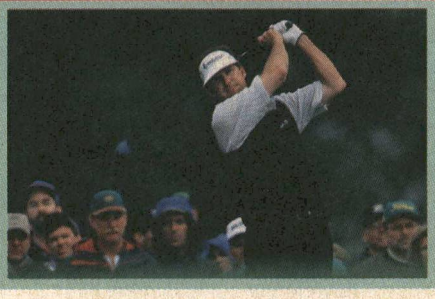
JONATHAN CREEK 9.40PM
Jonathan Creek (Alan Davies) teams up with unorthodox crime journalist Maddy Magellan, played by Caroline Quentin, as they continue to solve crimes that seem to defy all rational explanation.

Friday 28 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM MORNING	**7.30am Golf** **8.30 Athletics** **10.00 Sumo** Action from the Grand Sumo Tournament in Tokyo. **11.00 Racing Line** **12noon Mountain Bike** Action from the sixth round of the UCI World Cup in Vail. **12.30pm Live Tennis** Further coverage from the ATP Tournament in Kitzbühel, Austria.	**7.00am Sky Sports Centre** **7.15 Saloon Car Championship 7.45 Formula Palmer Audi 8.15 Sky Sports Centre 8.30 Racing News 9.00 European Beach Soccer 10.00 Aerobics Oz Style 10.30 Euro Tour Golf: TNT Dutch Open – LIVE 12.15pm Euro Tour Golf: Senior British Open – LIVE 1.45 Euro Tour Golf: TNT Dutch Open – LIVE** Further live coverage of the second day's play in the TNT Dutch Open. The majestic Noordwijkse Golf Club plays host as Europe's finest, including defending champion Lee Westwood, battle for the title.	**7.00am Aerobics Oz Style 7.30 Sky Sports Centre 7.45 Racing News 8.15 FIFA TV 8.45 Sky Sports Centre 9.00 Tight Lines 10.00 World Cup Football: Official FIFA Film – 1966 World Cup 12noon European Beach Soccer 1.00pm Formula Palmer Audi 1.30 Trans World Sport 2.30 World Cup Football: Official FIFA Film – 1970 World Cup** The 1970 World Cup will forever be remembered as the tournament in which the boys from Brazil took football to another plane. Reminisce as Pele, Carlos Alberto et al samba their way to glory.	**10.30am International Cricket: Under-19 One Day International – England v Sri Lanka – LIVE** **2.15pm FIFA TV** Footballing magazine. **2.45 International Cricket: Under-19 One Day International – England v Sri Lanka – LIVE** The international cricket coverage continues from England's Under-19s clash with Sri Lanka on their current tour. Cardiff is the setting for this intriguing contest as the second session swings into action.	**8.00am Battlestar Galactica** **9.00 Land of the Giants** **10.00 Swamp Thing** **10.30 Swamp Thing** **11.00 The Six Million Dollar Man** **12noon Babylon 5** **1.00pm Amazing Stories** **1.30 Amazing Stories** **2.00 Battlestar Galactica** *Galactica Discovers Earth – Part III*	**6.00am Select MTV** **8.00 MTV Hits** **9.00 Bytesize MTV** **12noon MTV Hits** **12.30pm Daily Edition** All the latest music news and gossip from Edith Bowman and Emma Ledden. **1.00 MTV Hits** Uninterrupted music videos featuring the latest from the MTV playlist, plus exclusives.
3.00 PM					**3.00 Sightings** Extraordinary real-life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.	**3.00 Bytesize MTV** Another constant barrage of highlights from different MTV stations around the world, delivered to you in short soundbites.
4.00 PM	**4.30 Equestrianism – LIVE** Samsung Nations Cup action from Hickstead, featuring a four star event.	**4.15 Euro Tour Golf: Senior British Open – LIVE** The Royal County Down Golf Club is the venue as the superstars of yesterday continue to thrill the crowds at the Senior British Open.	**4.25 Premiership Shorts: Favourite Player – Alan Shearer** **4.30 Gaelic Games** Action from the Gaelic Games.		**4.00 Land of the Giants** *Return of Inidu* The space travellers help a giant magician convicted of involuntary manslaughter.	**4.00 Select MTV** Video jukebox. Just call the special hotline, pick your video from the on-screen menu and MTV will do the rest.
5.00 PM	**5.30 Formula 3000** Action from the FIA Formula 3000 International Championship in Hockenheim, Germany.		**5.30 World Offshore Powerboats** The Norwegian leg of the powerboats championship.		**5.00 Swamp Thing** *Destiny* Two Confederate soldiers take Will hostage. **5.30 Swamp Thing** *Tatania*	
6.00 PM	**6.30 Rally** Coverage of the sixth round of the Master Rally Cross Country World Cup from Paris to Istanbul.	**6.00 Sky Sports Centre** Catch up with the latest from the world of sport. **6.30 Gillette World Sport Special**	**6.00 Extreme Sailing** The most daring seafarers in action risking life and limb for their craft. **6.30 Inside the Senior PGA Tour**	**6.00 Moto Plus** The motoring show for those who really do enjoy life in the fast lane. **6.30 The Winning Post: Chepstow/ Newmarket/ Salisbury – LIVE** The famous venues of Chepstow, Newmarket and Salisbury provide the setting for another evening of top class horse racing entertainment.	**6.00 The Six Million Dollar Man** *The Bionic Woman – Part II* Steve Austin's fiancée insists on using her new powers to help Steve.	**6.00 Bytesize MTV** Another constant barrage of highlights from different MTV stations around the world, delivered to you in short soundbites.
7.00 PM	**7.00 Motorcycling** Action from this year's Isle of Man TT Races.	**7.00 Super League – LIVE** Eddie Hemmings and Mike Stephenson present Super League action from the pick of the weekend's matches. As the league approaches its climax, it remains to be seen whether anyone can stop the Bradford Bulls.	**7.00 Darts: World Matchplay 2000 – LIVE** After four days, the World Matchplay 2000 tournament reaches the semi-final stage. The odds are on the big three of Rod Harrington, Peter Manley and world champion Phil Taylor making it through to the closing stages. The joy of darts is that all the top players are capable of beating each other, so today's line-up could contain a few surprises. The 2000 capacity arena at the Winter Gardens will capture all the excitement of this truly unique sport and the quartet of musketeers go in search of the coveted trophy.	**8.30 Ford Golf USA: John Deere Classic – LIVE** Find out who makes the cut on day two of this year's John Deere Classic with live coverage from the Tournament Players Club at Deere Run Silvis, Illinois. The total prize money in this competition is $2.6 million with a winner's share of $468,000 up for grabs.	**7.00 Amazing Stories** *Boo!* Two old-fashioned ghosts are appalled. **7.30 Cybernet** Computer games show.	**7.00 MTV Hits** More uninterrupted music videos, featuring the latest from the MTV playlist.
8.00 PM	**8.00 Boxing** Action from another top class international contest.				**8.00 Quantum Leap** *Dreams* Sam leaps into the persona of Lt Jack Stone – and into a heap of trouble. Stars Scott Bakula.	
9.00 PM		**9.30 World Wrestling Federation: Late Night – Raw** Jim Ross, Kevin Kelly and Michael Cole report on the latest action and adventure from the World Wrestling Federation circuit. With classic matches and celebrity guests, this show is unmissable. **11.30 Sky Sports Centre** A round-up of all the latest in the world of sport.			**9.00 The Hunger** *Red Light* **9.30 The Hunger** *Room 17* A salesman has a strange experience in a motel.	**9.00 Weekend Edition** The latest music news. **9.30 Celebrity Death Match** Clay figures in combat.
10.00 PM	**10.00 SportsCentre** Sports news bulletin. **10.15 Darts** Coverage of the American Darts German Open in Dortmund. Last year's winner was Maik Langendorf from Austria. **11.15 Formula 3000** Action from FIA Formula 3000 International Championship in Hockenheim, Germany.				**10.00 FILM: Bad Taste** *Terry Potter, Peter O'Heren, Craig Smith* A sleepy coastal region is invaded by aliens from another planet searching for human flesh to use as meat in their intergalactic fast-food chain. *1988* **11.45 Nailbiter**	**10.00 The Tom Green Show** More anarchic fun with the Canadian comedian. **10.30 Loveline USA** US phone-in show.
11.00 PM			**11.00 Euro Tour Golf: TNT Dutch Open and Senior British Open** The action might be at a different pace but the skills are comparable as golfers both young and old show off their skills.	**11.00 Powerboating: World Offshore Powerboats – Norway** **11.30-12midnight Extreme Sailing** Aquatic action.		**11.00 Daria Marathon** A chance to enjoy a quartet of back-to-back episodes of the cult MTV animation in this run of episodes of *Daria*.
12.00 NIGHT TIME	**12.15am-12.30am SportsCentre**	**12midnight Super League 2.00am World Cup Football: Official FIFA Film – 1970 World Cup 3.55 Premiership Shorts: Favourite Player – Alan Shearer 4.00-6.00am World Wrestling Federation: Late Night – Raw**	**1.30am Ford Golf USA: John Deere Classic 4.00 Sky Sports Centre 4.30 Moto Plus 5.00-6.00am Watersports World**		**12midnight FILM: Frankenweenie** *1984* **12.30am FILM: Dougal and the Blue Cat** Animation. **2.05 The Hunger 2.35 Vid Vicious 2.50 The Hunger 3.30-4.00am Phoenix**	**1.00am MTV Dance Floor Chart Show** June Sarpong hits the clubs for the latest floor-fillers. **2.00-6.00am Night Videos** Music tracks to take you through the small hours.

LIVE FORD GOLF USA: JOHN DEERE CLASSIC SKY SPORTS 3 8.30PM

It took a sudden death play-off to separate the contenders at last year's John Deere Classic. JL Lewis, in his fourth year on the PGA Tour, defeated Mike Brisky to take his first title and a cheque for $360,000. The winner in 1998 Steve Jones (pictured) could only finish fifth as he continued to recover from injuries, but it's likely he'll be back to contest this year's tournament which is now staged at the TPC at Deere Run, Silvis, Illinois and boasts a purse of $2.6m.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 Playmate of the Year 11.15 Compromising Situations 12midnight Freeview 12.12am Twins Behaving Badly 12.35 The Sex Clinic with Dr Jenny Tulls 1.00 Naughty Nellie 1.25 FILM: Sexy Nurses 3 2.35-4.00am FILM: Night Nurses

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight Preview 12.10am Stripper of the Year 12.20 Omar 12.45 FILM: North Pole 1.00 Freeview 1.05 FILM Continues 2.00 Freeview 2.05 Adult Feature 2.30 FILM: Ritual 3.00 Freeview 3.05 FILM Continues 3.40-4.00am Eastern Promise

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon Behind the Music: R.E.M.
Hear the story of four guys from Atlanta, Georgia who got together to form a band.
1.00pm Greatest Hits: R.E.M.
1.30 Pop-Up Video
2.00 Jukebox
Another edition of the VH1 viewers' request show.
4.00 Talk Music
Join Mark Ellen and Pip Dann for an update on the latest music news.
4.30 Greatest Hits: R.E.M.
5.00 Ten of the Best: Caprice
The American model chooses her ten favourite music videos.
6.00 It's the Weekend with Jules and Gideon
Julia Carling and Gideon Coe present another hour of interviews, music and competitions.
7.00 Ed Sullivan's Rock'n'Roll Classics
7.30 Greatest Hits: Steps
The biggest numbers from the dance sensations.
8.00 The Millennium Classic Years: 1982
Take another trip down musical memory lane with the tunes and headlines that characterised 1982.
9.00 Ten of the Best: The Corrs
The all-conquering Irish pop family select their favourite tunes of all time.
10.00 Behind the Music: Tina Turner
VH1 takes a look behind the music of Tina Turner, a diva whose career has spanned five decades.
11.00 Storytellers: Eurythmics
Annie Lennox and Dave Stewart reunite in New York to perform a live acoustic set.
12midnight The Friday Rock Show
Tommy Vance presents the rock and metal TV show, with music news and reviews.
2.00am Behind the Music: Alice Cooper
3.00-6.00am VH1 Late Shift
Music through the night.

ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Djuma, South Africa
1.00 Zoo Chronicles
With Pam St Clement.
1.30 Zoo Chronicles
2.00 Pet Rescue
Follow the progress of more RSPCA rescue cases.
2.30 Kratt's Creatures
Under the Canopy
3.00 Woof!
It's a Dog's Life
Visit a New York dog show.
3.30 Woof!
It's a Dog's Life
With Matthew Margolis.
4.00 Animal Planet Unleashed
Featuring baby animals and a visit from an animal ambulance.
4.30 Croc Files
5.00 Pet Rescue
Follow more RSPCA rescue cases.
5.30 Going Wild with Jeff Corwin
Ndzalama, South Africa
6.00 The Aquanauts
Wreck inspectors look at a mystery wreck near Fremantle Harbour.
6.30 Croc Files
With Steve and Terri Irwin.
7.00 Candamo – A Journey Beyond Hell
Join a trip through the Peruvian rainforest along the banks of the Tampopata and Candamo rivers.
8.00 Wildlife ER
Round-the-clock care for a wide variety of animals in need of attention.
8.30 Wildlife ER
More animal patients.
9.00 Crocodile Hunter
Wildlife in Combat
A look back at some memorable moments from the wildlife series.
10.00 The Rat Among US
Hear how the rat made its way from China along the trade route into Europe and England.
11.00 Emergency Vets
Two stubborn dogs prove difficult to treat.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

The reunited duo play live in 'Storytellers: Eurythmics'. VH1 11.00pm

ITV2
ACCESS PACK

4.00pm Trisha
Another double bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text
6.00 The Extremists
Extreme sports.
6.30 Touch Football
More sporting coverage.
7.00 Amazing Games
Offbeat sports action.
7.30 Karate World Series
Top martial artists engage in competition.
8.00 Sunset Beach
Eddie finds Annie suicidal, while Caitlin tells Gregory that she does not want to go on the ski trip.
8.50 Chart Choice
9.00 Men for Sale
Women bid for dream dates with male celebrities, including Jean-Claude Van Damme, David Ginola and Michael Greco. Text
10.00 Coronation Street
Catch up with tonight's episode from ITV. Text
10.30 Nuts and Bolts
Veronica is under pressure.
11.00 The Jerry Springer Show
More outrageous revelations and confrontations.
11.50 The Late Show with David Letterman
Chat show with host and humorist David Letterman plus celebrity guests.
12.40am Freaky Stories
Ghoulish animation.
12.50 The Extremists
1.20-1.50am Touch Football

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Changing Rooms: New Zealand 9.30 Real Rooms 10.00 Change That 10.30 A Room with a Clue 11.00 How Does Your Wallpaper Hang? 12noon Good Living 12.30pm Style Challenge 1.00 Fresh Food 1.30 Ready, Steady, Cook 2.00 Charlie's Garden Army 2.30 Home Front in the Garden
3.00 Learn to Garden with Stefan Buczacki
Lessons in fundamental gardening skills.
3.30 Gardeners' World
4.00 Stefan's Garden Roadshow
Stefan Buczacki deals with more horticultural problems.
4.30 Good Living
Presented by Jane Asher.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms: New Zealand
More decor makeovers.
6.00 Antiques Roadshow
Minehead
More members of the public bring in their antiques for evaluation.
7.00 Real Rooms
Bristol Kitchen
7.30 Change That
Mark Curry takes the interior design roadshow to Rugby School.
8.00 Style Challenge
Fashion experts perform more dream makeovers.
8.30 Antiques Treasure Trail
Advice on buying antiques.
9.00 Ground Force
Alan Titchmarsh and his crew get busy again.
9.30 Home Front: Inside Out
Laurence Llewelyn-Bowen and Diarmuid Gavin tackle the kitchen and garden of Sharon Wyness' home.
10.30 House Invaders
An Oxford home is given a quick transformation.
11.00 BBC Gardener of the Year
East and South East
With Alan Titchmarsh.
11.30 Garden Stories
Battles
12midnight Garden Magic
Toby Buckland and Lisa Davis offer instant solutions to gardening dilemmas.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki gives more horticultural help and advice.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Prince William 7.50 Sense of Timing 8.20 Barking Mad Text 8.50 Vets to the Rescue 9.20 Tomorrow's World Plus 10.15 Life on Earth 11.15 Crater of Death 12.15pm Animal Hospital on the Hoof Text 12.45 City Hospital 1.45 Sylvania Waters 2.15 Sylvania Waters 2.45 Prince William
A profile of the eldest son of the heir to the throne and a look at what the future may hold for him.
3.45 Vets to the Rescue
Trude Mostue looks at how to provide treatment for smaller pets.
4.20 Barking Mad
Animal behaviourists deal with more problem pets.
4.50 Zoo
Go behind the scenes at London Zoo.
5.25 The Cruise
Jim and Kate celebrate their 68th cruise holiday.
5.55 City Hospital
Gaby Roslin and her team deliver another report on the triumphs and trials of patients and staff at Southampton General.
6.55 Future Fantastic
Alien
Gillian Anderson examines the question of alien life.
7.30 Chimpanzee Diary
Real-life animal soap opera.
8.00 Barking Mad
Animal behaviourists deal with more problem pets.
8.30 Children's Hospital
True-life medical drama.
9.00 The Cruise
Jim and Kate celebrate their 68th cruise holiday.
9.35 Eilish – Life without Katie
Documentary about a girl who is the only survivor of separated Siamese twins.
10.35 Future Fantastic
Alien
Gillian Anderson examines the question of alien life.
11.05 Road Rage
Why people lose their self-control behind the wheel.
12.05am-1.00am Muhammad Ali Special

UK PLAY:
1.00am The Joy of Decks
2.15 Uncut Funk
3.00 Mark and Lard's Pop Upstairs Downstairs
3.30 Bod
3.45-7.00am The Joy of Decks

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Jenny Bristow's Country Cooking 9.30 Classic Dishes 10.00 Caribbean Kitchen 10.30 Simply Baking 11.00 Flash in the Pan 11.30 Newman Meets 12noon Antony's Scotland 12.30pm Peter Gordon's Pacific Food 1.00 Kitchen College 1.30 Aldo's Italian Job 2.00 Food Network Daily 2.45 Quick Cooks
3.00 Jenny Bristow's Country Cooking
The Mexican Way
3.30 Tessa's Tastebuds
Potato
4.00 Simply Baking
Teabreads
4.30 Classic Dishes
Join Valentina Harris as she demonstrates how to cook a mushroom risotto.
5.00 Superchefs
5.30 Antony's Scotland
6.00 Coxon's Kitchen College
6.30-7.00pm Peter Gordon's Pacific Food

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Beyond the Silk Road
Part two retraces the 7th-century travels of a Chinese Buddhist scholar over the Silk Road.
8.00 In the Shadow of Ancient Rome
A look at the leaders of Rome, from the days of the Roman Empire to Mussolini's Italy.
9.00 Mysteries Underground
Explore a secret realm of winding tunnels and rivers far beneath the sunlit surface of the world.
10.00 The Mystery of the Cocaine Mummies
Hear how cocaine and nicotine have been found in toxicological tests on some mummies in Munich.
11.00 Living with Leopards
John Varty directs this fascinating film which follows four generations of a leopard family in Kenya.
12midnight-1.00am Journey to the Sea of Ice
Join a mission through the pack ice surrounding Newfoundland in an attempt to determine the viability for commercial shipping in such a tough environment.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
Presented by Keith Chegwin.
6.00 100%
6.30 Family Fortunes
Big money gameshow.
7.00 Beadle's About
Hidden camera pranks.
7.30 Winner Takes All
With Bobby Davro.
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes Final
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
Morecambe
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Grassroots 7.00 The Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 The House Doctor 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Grassroots 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country – Ship to Shore 11.10 Space Invaders 11.40 Home Savvy 12.10pm How to with B & Q
12.15 Hometime
12.45 Classic This Old House
1.15 Home Again with Bob Vila
1.45 Wood Wizard
2.15 How to with B & Q
2.20 The New Yankee Workshop
2.50 Kingsbury Square
3.20 Rex Hunt Fishing Adventures
3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Chilli Factor
10.30 Mountain Bikes
11.00 That Film Show
11.30 Adrenalize
12noon World Wind Surf
12.30pm Byte Me
1.00 Trainspotters
2.00 High Adrenalin Action
2.30 Ibiza 2000
3.00 Chilli Factor
3.30 Adrenalize
4.00 Surf Film
5.00-6.00pm Voodoo Eclipse

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
6.30 What's On TV
***London area: Blue Tomorrow**
Chelsea FC fanzine.
***Derby area: Vision Rams**
Derby County FC fanzine.
7.00 LLTV – Local Life
7.30 YCTV
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life
* Repeated Saturday 9.30am

Friday 28 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Flying Rhino Junior High 6.00 Fat Dog Mendoza 7.00 Tom and Jerry 8.00 Dexter's Laboratory 9.00 Angela Anaconda 10.00 The Powerpuff Girls 11.00 Dragonball Z 12noon Favourite Friday 12.30pm Looney Tunes 1.00 Favourite Friday 1.30 Cow and Chicken 2.00 Favourite Friday 2.30 Mike, Lu and Og

3.00 PM

3.00
Favourite Friday
A chance to see viewers' favourite cartoons.
3.30
Dexter's Laboratory
4.00
Favourite Friday
A chance to see viewers' favourite cartoons.
4.30
The Powerpuff Girls
5.00
Favourite Friday
A chance to see viewers' favourite cartoons.
5.30
Pinky and the Brain
6.00 Tom and Jerry
Madcap comic antics with the cat and mouse duo.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Scooby-Doo
More spooky schemes.
7.30 Looney Tunes
8.00
Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

NICKELODEON
FAMILY PACK

7.00am Transylvania Pet Shop 7.30 Transylvania Pet Shop 8.00 Ren and Stimpy 8.30 Ren and Stimpy 9.00 Kenan and Kel 9.30 Kenan and Kel 10.00 Sister Sister 10.30 Sister Sister 11.00 Cousin Skeeter 11.30 Cousin Skeeter 12noon Rugrats 12.30pm Rugrats 1.00 Rocko's Modern Life 1.30 Rocko's Modern Life 2.00 Rocko's Modern Life 2.30 Rocko's Modern Life

3.00
Rocko's Modern Life
Cartoon satire on consumer society with a squirrel.
3.30
Rocko's Modern Life
4.00 Kenan and Kel
The adventures of two funky friends.
4.30 Kenan and Kel
Starring Kenan Thompson and Kel Mitchell.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

FOX KIDS
FAMILY PACK

6.00am Oggy 6.10 Bad Dog 6.30 Bobby's World 6.55 Jim Button 7.15 Walter Melon 7.40 Inspector Gadget 8.00 Oggy 8.10 Biker Mice 8.30 Dennis and Gnasher 8.55 Sailor Moon 9.15 Sailor Moon 9.40 Digimon 10.00 Power Rangers 10.20 Monster Rancher 10.45 Masked Rider 11.05 X-Men 11.30 Spy Dogs 11.50 Ace Ventura 12.15pm Walter Melon 12.35 Inspector Gadget 1.00 Woody 1.10 Casper 1.30 Donkey Kong 1.55 Dennis and Gnasher 2.20 Life with Louie 2.40 Princess Sissi

3.00 Princess Starla and the Jewel Riders
3.20 Sailor Moon
The adventures of the elite schoolgirl crime-fighters.
3.45 Mighty Morphin' Power Rangers
4.05 Mighty Morphin' Power Rangers
4.30 Digimon
4.50 Masked Rider
The adventures of the teenage alien superhero.
5.15
Monster Rancher
5.35
Biker Mice from Mars
The rodents battle it out.
6.00 The New Addams Family
6.25 Casper
6.35-7.00pm Goosebumps

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.00 News 11.30 World Business Report 12midnight News 1.00am News 2.00 News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00 News 5.30-6.00am Talking Movies

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Pinnacle 1.15 Asian Edition 1.30 World Report 2.30 Showbiz 3.30 Sport 4.30 Inside Europe 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 WorldView 11.30 Moneyline 12.30am Showbiz 1.30 Inside Europe 2.00 Larry King 4.30-5.00am American Edition

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five Jeremy Thompson and Kay Burley with the top stories. 8.30 Sky Business Report 9.30 Answer the Question 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Answer the Question 4.30 Week in Review 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Fête des Bébés 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Les Trains Pas Commes les Autres 10.00 Les Conflits Verts 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Passe-Moi les Jumelles 1.00 Journal 1.15 Fort en Tête 2.15 C'est Mon Choix 3.00 Journal 3.15 Questions 3.30 Les Carnets du Bourlingueur 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Les Anées Belges 6.00 Les Conflits Verts 6.30 Info 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Diva 9.00 Journal 9.15 Fou d'Humour/Parlez-Moi d'Amour 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Juke Box 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Rajni 12.30pm Baaje Payal 1.00 Swabimaan 1.30 FILM 4.00 Jaldi Jaldi 4.30 Juke Box 5.00 Agar 6.00 Tiger 6.30 Asianet Legal Live 7.15 Swabimaan 7.40 News 8.00 Aarzoo 8.30 Dard 9.00 FILM 11.30 News 12midnight MTV Fresh 12.30am Videocon Flashback 1.00 FILM 4.00 Music Box 4.30 Dard 5.00 MTV 123 6.00 Jaldi Jaldi 6.30 DD Programme 7.00-7.30am DD Programme

ZEE TV
ADD-ON CHANNEL

6.00am Aahaa 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Islam 7.30 News 7.50 Tips Tops 8.00 Pakistan News Link 8.30 Teacher 9.00 Do Aur Do Paanch 9.30 Raahein 10.00 Deewangi 11.00 Zaike Ka Safar 11.30 Making of a Legend 12noon FILM 3.00pm Iffat's Fashion Magazine 3.30 Chalo Cinema 4.00 Raahat 4.30 Aashiqui 5.00 Choti Choti Baatein 5.30 Amanat 6.00 Professor Pyarelal 6.30 Footloose 7.00 Net Asia Up Beat 7.30 Entertainment Express 8.00 News 8.30 Muskan 9.00 Alvida Darling 9.30 Mehendi Tere Naam Ki 10.00 Thriller at 10 10.30 The X Zone 11.30 Kasak 12midnight Punjabi News 12.15am News 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Commander 5.30-6.00am Flu

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am 700 Club 5.30 Andrew Wommack 6.00 Good News 6.30 Changing Your World 7.00 Changing Your World 7.30 Believers' Voice of Victory 8.00 This Is Your Day 8.10 Behind the Screens 8.40 Thought for the Day 9.05 Life in the Word 9.35 The Messenger 10.00 Winning Ways: Matthew Ashimolowo 10.30-11.00am CMTV

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 2.30 Wall Street Report 3.00 Tokyo Live 4.45 Clarke's Chronicles 5.05-6.00am US Market Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30 House of Commons 3.00pm House of Lords 11.00 The Record 11.30-12midnight The Point

DISCOVERY
WORLD PACK

4.00pm Rex Hunt Fishing Adventures
Rex Hunt visits the remote Croker Island in Australia's Northern Territory.
4.30 Discovery Today
5.00 The Adventurers
Richard Byrd
A look at American pilot Richard Byrd, who was the first person to fly over the South Pole.
6.00 Ultimate Guide
Big Cats
All the fascinating facts you could ever need to know about your pet cat's distant cousins.
7.00
Wonders of Weather
Signs in the Sky
Unlock the stunning secrets of the skies.
7.30 Discovery Today
8.00 The Barefoot Bushman
Join Rob Bredl as he investigates the wide variety of wildlife in the Australian outback.
9.00
Extreme Contact
Taming the Great Hammerhead
9.30 O'Shea's Big Adventure
10.00 Super Reality
How technology is revolutionising car design.
10.30
Beyond the Horizon with the Red Arrows
11.00 Wheels at War
A look at a classic German motorbike and sidecar.
11.30 The Detonators
Series looking at a female explosives engineer.
12midnight Time Team
Treasures of the Roman Field
More archaeolgical investigations in Lavenham.
1.00am Great Escapes
Longest Search
A tale of rescue and survival.
1.30-2.00am
Discovery Today

TCM
FAMILY PACK

9.00pm FILM: The Left-Handed Gun
Paul Newman, Lita Milan, John Dehner, James Best
Western based on the life of Billy the Kid. The legendary gunslinger winds up in jail after taking his revenge on his mentor's killers. But his escape only leads to more death and destruction. *1958*
11.05-1.00am
FILM: The Lone Star
Clark Gable, Ava Gardener, Lionel Barrymore
Western. *1952*

CARTOON NETWORK:
1.00am The Moomins 1.30 The Magic Roundabout 2.00 Tabaluga 2.30 Blinky Bill 3.00 The Tidings 3.30 The Fruitties 4.00 The Moomins 4.30-5.00am The Magic Roundabout

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30
Caroline in the City
8.00 Ellen
When the Vow Breaks – Part II
Paige's marriage nears.
8.30 Just Shoot Me
Brave Finch
9.00 Married... With Children
Johnny Be Gone
9.30 Cybill
Oh Brother!
Cybill forgets Ira's birthday.
10.00 FILM: Coming to America
Eddie Murphy, Arsenio Hall, James Earl Jones
Comedy about an African prince who rejects his father's plans for an arranged marriage. In search of a woman who inspires both his heart and his intellect, he journeys to America. *1988*
12.15am Cheers
12.45 Cheers
1.15 NewsRadio
1.45 Duckman
2.10 Hitz
2.35 Encore Encore!
3.00 It's Garry Shandling's Show
3.30-4.00am Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection 7.00 Home Shop! 7.30 Holiday Shop! 8.00 Collectors' Shop! 8.30 Clothes Shop! 9.30 Kids Shop! 10.00 Home Shop! 11.00 Kitchen Shop! 12noon Shop! Outlet 12.30pm Shop! Selection 1.30 Shop! Special 2.00 Home Shop! 2.30 Clothes Shop! 3.30 Jewellery Shop! 4.30 Entertainment Shop! 5.30 Shop! Preview 6.00 Shop! Selection 7.00-7.30pm Technology Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* at 6.00am followed by children's shows. Saturdays: Children's programming and a round-up of the week's news in *The Review*. Sundays: Highlights include a *Pokémon* triple bill and *The Review*.

THE HISTORY CHANNEL
WORLD PACK

12noon
China's Wall of Doom
12.55pm
Photos for the Future II
1.00 Armament
2.00 Biography
Pablo Picasso – Part I
3.00 Fabulous Fortunes
Lucky Strike – Taking a Gamble
3.30
Playback with Ken Clarke
4.00 Amphibious Warfare
5.00 Tankers
6.00 Disappearances
6.55
Photos for the Future II
7.00 Battleships
8.00 Biography
Pablo Picasso – Part II
9.00
Great Crimes and Trials
Jean Harris
9.30-10.00pm
The Story of Al Capone
Trace the emergence of Al Capone as the true godfather of crime.

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion at 5.00pm.

NIGHT TIME

Choose a **Free**

Receive a hassle **Free**

With a **Free**

Gift Catalogue Phone Call

Reply Today!

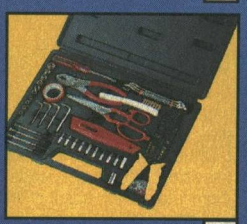
0800 777 000

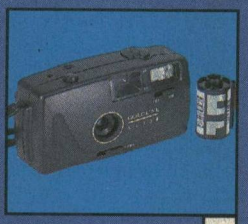
£15
TO SPEND IN YOUR CATALOGUE
(Minimum order value £30)
£15 VOUCHER 296

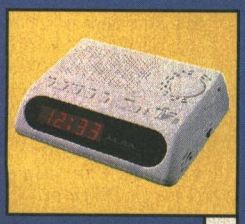
5 PC. LUGGAGE SET 786

10 PC. TOWEL BALE 936

KEYBOARD 516


40 PC. TOOLKIT 346

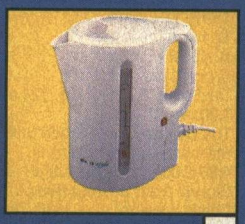

35mm CAMERA 426

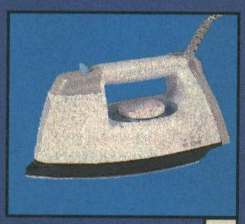

RADIO ALARM 076

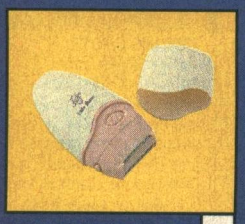
HOT AIR BRUSH 166

DOUBLE DUVET 446

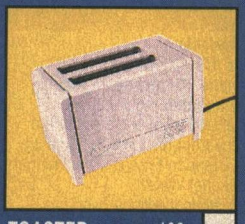
PACK 2 PILLOWS 036


KETTLE 086


STEAM IRON 056


LADY TRIMMER 276

TELEPHONE 436


TOASTER 106

Call 8am-11pm quoting **ENQ** and your free gift number

OR

Tick your Free Gift choice opposite then complete the form below and return it free of charge to:

EMPIRE, FREEPOST, BRADFORD, BD99 4BR

Mr/Mrs/Miss/Ms _____ **ENQ**
(I am over 18)

Initials _____

Surname _____

Address _____

_____

_____

_____

_____

Postcode _____

We search the files of credit reference agencies who record it. We will use your information for our marketing. We reserve the right to restrict or refuse applications and substitute gifts where necessary. Your free gift will be despatched when we receive your first payment. All applicants must be 18 years of age or over. We welcome applications from the UK, Channel Islands and BFPO Germany. Written credit quotations on request. Prop. Redcats (Brands) Limited. Registered Office: 18 Canal Road, Bradford BD99 4XB Registered in England No. 110433

Saturday 29 July

SKY PREMIER
PREMIUM CHANNEL

6.00 AM MORNING

6.10am Leona Helmsley: Queen of Mean
1990, rating Sky PG, 94 mins
8.00 Breakout
1998, rating Sky PG, 86 mins
9.30 Wind River
1999, rating Sky PG, 93 mins
11.30 A Kid Called Danger
Text *1998, rating Sky PG, 81 mins*
1.00pm Mr. Magoo
Text *1997, rating Sky PG, 84 mins*
2.30 Left Luggage
Laura Fraser, Isabella Rossellini, Maximillian Schell, Jeroen Krabbe
Drama set in 1970s Antwerp and telling the story of a young student who finds work as a nanny with an orthodox Jewish family. Although she finds their strict rules hard to abide, the woman develops a strong bond with their young son. *1998, rating Sky PG, 96 mins*

3.00 PM

4.30 Cats Don't Dance
Voices of Scott Bakula, Jasmine Guy, Natalie Cole
Cartoon fun with a cat who wants to make it big in showbusiness. Unfortunately, he finds that Hollywood has few parts for song and dance cats. Text *1997, rating Sky U, 71 mins*

4.00 PM

6.00 Mr. Magoo
Leslie Nielsen, Kelly Lynch
Slapstick fun in a live action version of the short-sighted cartoon character. The fabulous Kuristan jewel triggers a chase by the FBI, the CIA and a criminal mastermind. Text *1997, rating Sky PG, 84 mins*
7.30 Preview Show
A look ahead at the coming week on Sky Movies.

5.00 PM

8.00 Psycho
Vince Vaughn, Viggo Mortensen Anne Heche, Julianne Moore
PREMIERE Remake of Hitchcock's seminal slasher movie. A young woman has stolen money from her employer and checks into a motel to lie low. But the nervy young man who runs the motel has an extremely disturbed mind. *1998, rating Sky 15, DS, 99 mins*

6.00 PM

10.00 Mimic
Mira Sorvino, Jeremy Northam
A tense thriller, mostly set in a creepy and atmospheric New York underground. A scientist develops a breed of bug designed to kill all the cockroaches in New York before dying out itself. However, the breed will not die Text *1997, rating Sky 15, 101 mins*
11.45 Psycho
Vince Vaughn, Anne Heche
Remake of a slasher movie. *1998, rating Sky 15, DS, 99 mins*
1.30am Paradise Road
Drama about women POWs. Text *1997, rating Sky 15, 117 mins*
3.35 The 24 Hour Woman
Text *1998, rating Sky 15, 89 mins*
5.10-6.45am A Kid Called Danger
Text *1998, rating Sky PG, 81 mins*

7.00 PM

8.00 PM

9.00 PM

10.00 PM

11.00 PM

12.00 NIGHT TIME

SKY MOVIEMAX
PREMIUM CHANNEL

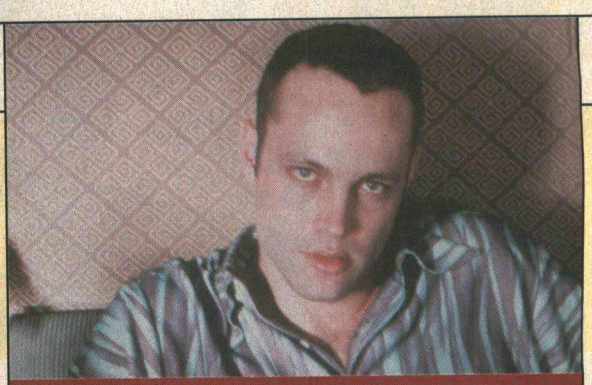
6.00am One Special Victory
1991, rating Sky PG, 91 mins
7.45 Bad as I Wanna Be
Basketball drama. Text *1998, rating Sky PG, DS, 86 mins*
9.30 Mystery Monsters
1997, rating Sky PG, 83 mins
11.30 Tarzan and the Lost City
Family adventure. Text *1998, rating Sky PG, DS, 81 mins*
1.15pm Life of the Party
1998, rating Sky PG, 88 mins

3.00 Bad as I Wanna Be
Dennis Rodman, Dwayne Adway
Dramatic re-telling of the incredible life and rise to fame of basketball phenomenon, Dennis Rodman. His incredible talent and flamboyant style would make him one of the biggest names in the NBA. Text *1998, rating Sky PG, DS, 86 mins*
4.45 National Lampoon's Golf Punks
Tom Arnold, James D Kirk
Comedy from the *National Lampoon* team. A coach is responsible for teaching a bunch of misfit kids to play golf. He is determined to turn his bunch of troublesome tots into hotshots. *1998, rating Sky U, DS, 89 mins*
6.30 Tarzan and the Lost City
Casper Van Dien, Jane March Steven Waddington
Adventure with lush African scenery and a plot involving a ruthless hunter who is determined to discover the legendary city of Opaa. Text *1998, rating Sky PG, DS, 81 mins*
8.00 The Patriot
Steven Seagal, Camilla Beale, LQ Jones, Gaillard Sartain
High-octane action thriller in which a Neo-Nazi cult leader releases a deadly toxin into the atmosphere of a small US town. Designed for use in Vietnam, the toxin has no antidote. Soon the whole town is dying and the race is on to find a cure. Text *1998, rating Sky 15, 86 mins*
10.00 The Last Boy Scout
Bruce Willis, Damon Wayans
Big-budget action picture about a private investigator. When one of his clients is murdered, he teams up with her lover to track down the killer. *1991, rating Sky 18, DS, 101 mins*
11.45 Cobra
Sylvester Stallone
Explosive action-adventure. *1986, rating Sky 18, 83 mins*
1.15am Far Out Man
Tommy Chong, Shelby Chong
1990, rating Sky 15, DS, 81 mins
2.40 Necessary Roughness
Scott Bakula, Robert Loggia
1991, rating Sky 15, 104 mins
4.30-6.00am National Lampoon's Golf Punks
1998, rating Sky U, DS, 89 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am Buck Privates Come Home
Bud Abbott, Lou Costello
Crazy comedy which sees a couple of comics returning from the army. *1947, rating Sky U, 74 mins*
12.30pm A Blueprint for Murder
Joseph Cotten, Jean Peters
Drama about a suspected poisoner. *1953, rating Sky PG, 73 mins*
2.00 Destroyer
Edward G Robinson, Glenn Ford
War movie about a welder who returns to the Navy to serve on the destroyer that he had a hand in building. But the ship's crew does not take kindly to his constant search for perfection. *1943, rating Sky U, 95 mins*

4.00 The Executioner
George Peppard, Joan Collins Keith Michell, Judy Geeson
Spy thriller set in post-swinging London. An exhausted, stressed secret agent is searching for a leak in British Intelligence. He suspects another spy may be trying to compromise his mission. But could this also be the source of the leak and the double agent? *1970, rating Sky PG, 105 mins*
6.00 Chisum
John Wayne, Forrest Tucker, Ben Johnson, Glenn Corbett
Rugged Western about a cattle baron in New Mexico at the tail-end of the 19th century. Having amassed a great deal of land during the Lincoln County cattle war, he does not take kindly to a ruthless speculator encroaching on his territory. *1970, rating Sky PG, 107 mins*
8.00 Mischief
Doug McKeon, Kelly Preston, Catherine Mary Stuart
A nostalgic comedy set in the 1950s. A small-town teenager falls madly in love with the high school beauty. He may be shy, but he is also determined, and he perseveres through one misadventure after another in pursuit of his dream girl. *1985, rating Sky 15, 93 mins*
10.00 The Wild Life
Chris Penn, Eric Stoltz, Lea Thompson, Rick Moranis
Crazy teen comedy about a bunch of kids trying to lead wild, lives with mixed results. *1984, rating Sky 18, 91 mins*
11.40 Joshua Then and Now
James Woods, Gabrielle Lazure, Alan Arkin, Michael Sarrazin
Comedy drama. An author tries to forget his father's past. *1985, rating Sky 15, 113 mins*
1.40am Chisum
1970, rating Sky PG, 107 mins
3.35 The Wild Life
1984, rating Sky 18, 91 mins
5.15-6.00am Hollywood Hall of Fame: Errol Flynn
A profile of the romantic hero.



Vince Vaughn ensures guests don't linger at Bates Motel in the premiere of 'Psycho'. Sky Premier 8.00pm

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

FILMFOUR
ADD-ON CHANNEL

6.00pm The Woodlanders
Emily Woof, Rufus Sewell, Cal MacAninch, Tony Haygarth
Drama adapted from the novel by Thomas Hardy. The daughter of a sawmill owner falls in love with a woodsman. However, her father demands that she marries someone of a higher social standing. *1997, 98 mins*
7.45 The Hole
Short film about a baby.
8.00 Raising Arizona
Nicolas Cage, Holly Hunter
Comedy in which a couple who cannot have children decide to steal one of a tycoon's quintuplets after seeing them on television. Their action leads them into a crazy spiral of crime and farce. *1986, 94 mins*
9.35 Lucked
Short film in which a pacifist criminal experiments with fate.
10.00 Thelma and Louise
Susan Sarandon, Geena Davis
Action-packed, feminist road movie where a weekend holiday sees two women become fugitives after one of them is nearly raped. Crime follows crime as they flee towards Mexico, chased by a detective who become increasingly sympathetic to their plight. Text *1991, 124 mins*
12.15am La Jetée
12.45 12 Monkeys
Bruce Willis, Brad Pitt
Time-travel thriller. *1995, 124 mins*
3.00am The Day the Earth Stood Still
Sci-fi drama. *1951, 88 mins*
4.35-6.05am The Beautiful Blonde from Bashful Bend
Comic Western. Text *1949, 74 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm For the Love of Ivy
Sidney Poitier, Beau Bridges, Abbey Lincoln, Leon Bibb
Comedy about a white family which has had the same black maid for many years, but now she wants to return to school. The son of the house tries to find her a man to distract her but not marry her. But the walk-on suitor turns out to have plans of his own. *1968, 102 mins*
9.00 Row Your Boat
Jon Bon Jovi, Bai Ling, William Forsythe, Jill Hennessy
Drama with a strong sense of humour. An ex-con is serving time for a crime his brother committed and finds himself homeless upon release. Promising himself to stay out of trouble, he meets a girl who could change his life – if he can hang on to her. *1998, 120 mins*
11.00 La Chamade
Catherine Deneuve, Michel Piccoli, Roger Van Hool
Romantic drama about a woman torn between two lovers, when she leaves her boyfriend for a work colleague. *1968, 120 mins*
1.00am Old Gringo
Jane Fonda, Jimmy Smits
Epic drama. *1989, 119 mins*
3.00 Row Your Boat
Romantic thriller. *1998, 120 mins*
5.00-7.00am Female on the Beach
Joan Crawford, Jeff Chandler
Drama. *1955, 97 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

THE BIG HIT
Rating 18, 88 mins
Dark comedy. A group of hitmen take on what they think will be an easy kidnap job – only to find that the target is their boss' godson. Stars Mark Wahlberg and Lou Diamond Phillips.
T/C: Action kidnapping.
BL: Frequent, coarse.
S/N: Infrequent, mild.
V: Frequent, strong.
6.40pm, 8.30pm, 10.20pm, 12.10am, 2.00am, 3.50am

Channel 53

PARTING SHOTS
Rating 12, 95 mins
Comedy. A once-fashionable photographer learns he is dying and decides to take revenge on the people who betrayed him. But first, he needs to get a gun. Stars Chris Rea and John Cleese.
T/C: Black comedy, revenge.
BL: Infrequent, mild.
S/N: Infrequent, mild.
V: Some moderate.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 7.30 Mega Babies 8.00 Godzilla
8.30 Mummies Alive
9.00 Pokémon 9.30 Pokémon
10.00 Pokémon 10.30 The Simpsons
11.00 World Wrestling Federation – Smackdown
1.00pm World Wrestling Federation – Livewire
2.00 AXN Text
2.30 Storm Warning Text

3.00 Melrose Place
A Brand New Day
NEW SERIES American soap which focuses on the lives of young adults in one of LA's trendiest neighbourhoods.

4.00 Star Trek: Deep Space Nine
The Assignment
An entity takes over Keiko's body and orders O'Brien to complete a secret assignment. Text

5.00 Star Trek
Another episode of the classic science fiction series.

6.00 Pokémon
Battle of the Badge
6.30 The Simpsons
One Fish, Two Fish, Blowfish, Blue Fish
Homer has one day left. Text

7.00 Futurama
Anthology of Interest
Fry finds out what would happen if his wishes were fulfilled. Text
7.30 The Simpsons
Bart Gets Hit by a Car Text

8.00 Futurama
Raging Bender
Bender's popularity soars when he becomes a pro-wrestler. Text
8.30 Suddenly Susan
Daddy Piper

9.00 Xena: Warrior Princess
Girls Just Wanna Have Fun
Xena battles an evil god who's transforming innocent girls into evil monsters.

10.00 Cops
Alberquerque
Undercover cops arrest a man who picks up a male prostitute.
10.30 Cops
Fresno Text

11.00 Hot Summer Downunder
A fun look at the summer in Australia. Surfing life-savers from the UK take on the Aussies at their own game. Text
12midnight Showbiz Weekly
An essential guide to the world of showbiz, presented by Tania Bryer.
12.30am Tekwar
The Gate Text
1.30 Manhunter
Two hired killers are captured thanks to the Manhunter.
2.30-6.00am Long Play
It's a VJ-free music zone.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am The Liver Birds
6.40 Bread Text
7.20 Neighbours Omnibus
9.20 Dynasty Omnibus
12.05pm EastEnders Omnibus
Natalie starts gossip-mongering in the cafe, and Della takes Binnie by surprise. Cindy is under pressure and is forced to make a difficult decision when Steven becomes ill. Meanwhile, Grant can't understand Sharon's strange behaviour. Text

3.00 The Bill Omnibus
The chance to catch up on the week's events down at Sun Hill.
Obligations to a former colleague lead Conway to put pressure on Deakin and Carver to find a vicious robber who preys on elderly victims. Loxton finds out a young female suspect is attracted to him. Meanwhile, conflict arises between Skase and Croft when a mother is found unconscious at the foot of the stairs. Text
5.35 The Good Life
The Weaver's Tale
Self-sufficiency sitcom. Financial solvency finds Tom with a £10 float. With Richard Briers.

6.15 FILM: Carry On Camping
Sid James, Kenneth Williams, Joan Sims, Barbara Windsor
Farcical comedy. A pair of likely lads trick their girlfriends into going to a nudist camp, which turns out to be a family campsite. They stay and manage to find mischief when a coachload of teenage schoolgirls arrive. *1969*

8.00 The Two Ronnies
Vintage bi-focal comedy with the two Ronnies – Barker and Corbett – and guests.

9.00 The Young Ones
Bambi
Sitcom. The Scumbag College students go on a TV quiz show.
9.45 The Young Ones
Cash
Sitcom. The students take drastic measures to keep warm.
10.25 The Young Ones
Nasty
Mike and Vivian hire a gore-filled video for a deposit of £500.
11.10 The Young Ones
Time
Sitcom about North London student life in the 1980s.
11.55 The Young Ones
Sick
An illness puts a strain on Vivian's usual easy-going nature.
12.40am The Young Ones
1.25 Casualty
2.35 The Liver Birds
3.20 FILM: Carry on Camping *1969*
5.00 Angels
5.30-6.00am Angels

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Can't Cook, Won't Cook
7.00 Tiny Living
8.50 Practical Parenting
9.00 Forgive or Forget
9.50 Relationship SOS
10.25 Home and Away Omnibus
12.30pm FILM: Baby Snatcher
Veronica Hamel, Nancy McKeon
Psychological thriller in which a woman kidnaps a baby. *1992*
2.20 FILM: Picture Perfect
Jennifer Aniston, Jay Mohr, Kevin Bacon, Olympia Dukakis
Romantic comedy in which an ad agency executive, passed over for promotion at work, persuades a man to pose as her fiancé in order to improve her image. Suddenly, everything changes. *1997*

4.10 Special Babies
Documentary about babies born with special needs, their parents, and the staff who care for them.
4.40 Maury Povich
Double bill of the compelling and personal talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.

6.20 Chat's Moral Dilemmas
Julia Bradbury offers advice to people who are in a dilemma and don't know what to do.
7.10 Forgive or Forget
Mother Love offers practical advice on real relationship and family problems and offers the guests the chance to forgive each other.

8.00 Judge Judy
Outspoken family court judge Judy Sheindlin presides over a series of real-life cases and conflicts, trying to find solutions for all kinds of issues.
9.00 Profiler
Suspense thriller series about Dr Sam Waters, a brilliant forensic psychologist with the unusual gift of being able to understand the criminal mind.
10.00 Jerry Springer
A double bill of the talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues and alternative relationships which can shock their more conventional friends and families.

11.45-12midnight Sex Bites

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am On the Buses 6.30 On the Buses 7.00 Plus on Plus 7.30 Mind Your Language 8.00 Bowler 8.30 Supersonic 9.00 Mission: Impossible 10.00 Charlie's Angels 11.00 Terry and June 11.30 Terry and June 12noon Please Sir 12.30pm Plus on Plus 1.00 On the Buses 1.30 On the Buses 2.00 Poirot

3.00 The Persuaders
Take Seven
Action adventure series. Danny and Brett help a girl whose long-lost brother has a rightful claim to the estate she has inherited.
4.00 Charlie's Angels
Action adventure series. The Angels take on the role of babysitters when a former client's niece says she saw a murder.

5.00 Cagney and Lacey
Conduct Unbecoming
Police drama series. A detective, providing assistance to Cagney and Lacey, is exposed as a gay porn magazine model.
6.00 Watching
Comedy series.
6.30 George and Mildred
Best Foot Forward
Comedy. George accuses his neighbour of attempted murder.
7.00 Poirot
The Theft of the Royal Ruby
An adventure in which Poirot is looking forward to spending Christmas alone until the nation's security is threatened.
8.00 The Chief
Police drama series. A series of break-ins on an up-market estate leads to calls for private security. Meanwhile, a schizophrenic abducts a 14 year-old runaway.
9.00 The New Statesman
Passport to Freedom
A night of passion could spell the end of B'Stard's political career.
9.30 Shelley
The Nelson Touch
10.00-11.00pm The Knock

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The G Spot
The entertainment show which takes a peek into the naughty side of life.
11.30 Sunny Hotspots and Girls
12midnight Centrefolds
A fly-on-the-wall documentary following a troupe of centrefolds.
12.30am Beaver Espana
Danni Hunt travels to the beaches of Magaluf with her hand-picked team in search of the perfect man.
1.00-2.00am Disappearing Lingerie
Erotic late-night series.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.20 Music Time 6.25 Pooh 6.40 Art Play 6.45 Toons 6.55 Spot 7.05 Bite Size 7.20 Circle Time 7.25 Bear 7.50 Rolie Polie Olie 8.00 Boy Meets World 8.30 Teen Angel 9.00 Art Attack 9.30 Sabrina 10.00 Doug 10.30 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon 100 Deeds for Eddie McDowd 12.30pm Incredible Story Studio 1.00 Your Choice Your Voice 2.30 Mickey Mouseworks

3.00 101 Dalmatians
Animated canine capers. Text
3.30 Timon and Pumbaa
The Lion King characters star in their own series.

4.00 FILM: The Parent Trap
Hayley Mills, Maureen O'Hara
Romantic comedy. Twins, unknown to their divorced parents, meet at a summer camp. Having grown up in single-parent households, they switch places to meet the parent they never knew, and then plan to reunite them – but there is a rival for their father's love. Text *1961*

6.05 Classic Toons
Classic Disney cartoons.
6.15 Honey, I Shrunk the Kids: The TV Show
Honey, We've Been Swallowed by Grandpa Text
7.00 FILM: Getting Even with Dad
Macaulay Culkin, Ted Danson
Family comedy. An 11-year-old boy hits on a great idea to make his dad give him some attention. He hides the proceeds from one of his father's burglaries – but unfortunately not everyone sees the funny side. *1993*
8.45 Honey, I Shrunk the Kids: The TV Show
Science is serious fun in the Szalinski household. Text
9.30 Thunderstone
Myah helps to rescue animals from the drought-ridden High Country.
10.00 Home Improvement
Comedy double bill. Text
11.00 Dr Quinn: Medicine Woman Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SATURDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
Psycho
Sky Premier 8.00pm
The very pointlessness of Gus Van Sant's scene-for-scene remake of the Hitchcock classic provides the film with enough of a perverse pleasure to warrant a watch – though Vince Vaughn could never match Anthony Perkins's unsettlingly sympathetic Norman Bates.

GENERAL
Melrose Place
Sky One 3.00pm
The new sixth series of the LA-set soap concerning the lives of the glamorous Melrose Place tenants begins tonight. Following last season's cataclysmic finale, the residents struggle to deal with the shocking aftermath of Sydney's tragic car accident after her wedding.

ADVERTISEMENT UK HORIZONS
AIRPORT WEEKEND
3.00PM
UK Horizons is dedicating airspace to a behind-the-scenes look at three of the world's biggest airports – London Heathrow, Los Angeles International and Frankfurt Airport. The journey begins with the series of Airport and continues with the channel premiere of Hollywood's Airport.

Saturday 29 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
MORNING 6.00 AM	**7.30am Xtreme Sports** **8.30 Football** Danone Cup action. **9.00 Triathlon** **10.00 CART** **11.00 Stunts** **12noon Strongest Man** **1.00pm Truck Sports** FIA European Truck Racing Cup action. **1.30 Formula 3000 – LIVE** Coverage of the FIA Formula 3000 International Championship race in Hockenheim.	**6.00am Aerobics 6.30 Extreme Sailing 7.00 Sky Sports Centre 7.30 Racing News 8.00 Gillette World Sport 8.30 Australian Rugby League 10.30 Ford International Rugby Union: Tri-Nations – Australia v South Africa – LIVE 1.00pm World Cup Football: Official FIFA Film – 1970 World Cup 2.55 Premiership Shorts**	**6.00am Sports Unlimited 7.00 Aerobics Oz Style 7.30 Max Power 8.30 Racing News 9.00 Soccer AM** Gearing up for the big kick-off of the new season with a selection of games, competitions and guests. **12noon** **Fish-O-Mania – LIVE** Hayfield Fina Lakes at Auckley provides the magnificent setting for this year's *Fish-O-Mania* grand final, the showpiece event in the angling calendar and a culmination of over four months of qualifying rounds across England. Last year's winner Steve Cooke is likely to appear, as is the 1998 champion Steve Ringer.	**10.00am Ford Golf USA: John Deere Classic** Day two highlights from the Tournament Players Club at Deere Run Silvis in Illinois as the John Deere Classic reaches the cut-off stage. **12.30pm Euro Tour Golf: TNT Dutch Open – LIVE** The Noordwijkse Golf Club plays host to day three action which focuses on those players who have made the cut and are now mounting a serious title challenge.	**8.00am Deepwater Black** **8.30 Deepwater Black** **9.00 The Incredible Hulk** **10.00 Lost in Space** **11.00** **The Six Million Dollar Man** **12noon** **FILM: Gamera – The Guardian of the Universe** Monster feature. *1997* **1.45pm Planet of the Apes** **2.45 Sci-Focus Special**	**6.00am Select MTV** **8.00 The Grind** **9.00 Total Request** A rundown of the most requested videos. **10.00 European Top 20** **12noon Weekend Edition** Catch up with the stories from last week in the worlds of music and entertainment. **12.30pm Select MTV** Richard Blackwood presents a special three hour helping of the music request show.
3.00 PM	**3.30 Tennis** Semi-final coverage in the ATP Tournament from Kitzbühel, Austria.	**3.00 Gillette Soccer Saturday** Presented by Jeff Stelling with the latest match results, including interviews with the men who matter, plus expert analysis from the pundits.			**3.00 Robocop** *The Future of Law Enforcement – Part II* Robocop investigates the murders of several homeless people.	**3.30** **Weekend Edition** The latest showbiz news.
4.00 PM				Tommy Horton, Eddie Polland and the other stars of the European Seniors Tour are battling it out for the British Senior Open title. Last year, Christy O'Connor Jr won the event.	**4.00** **Deepwater Black** *Cycles* **4.30** **Deepwater Black** *Hunt*	**4.00 MTV Live: Best of the Boybands** A weekend dedicated to the best boybands around. **4.30 Essential Backstreet Boys**
5.00 PM		**5.30** **Ford International Rugby Union: Tri-Nations – Australia v South Africa** Highlights of the action from Stadium Australia in Sydney.	**5.30pm** **Johnny Mowlem Porsche Travels**		**5.00 Monster Mania** Jack Palance takes a look at how Hollywood movie monsters have evolved through the years featuring clips from defining films.	**5.00** **Ultrasound: 'N Sync** NEW A look at the rise of the popular boyband. **5.30 Making the Video: Hanson**
6.00 PM	**6.00 Football – LIVE** Coverage of a friendly.		**6.00** **Golf: Professional Golf Classic** Action from the fairways.	**6.00 Australian Rugby League** A round-up of the latest action from the National Rugby League presented by Chris Warren. The current champions are Melbourne Storm.	**6.00 The Crow: Stairway to Heaven** *Dead to Right* A cop killer uses women as bait. Stars Patricia Harras and Alex Pollack.	**6.00 Bytesize** **MTV: Revenge of the Boybands** NEW Live performances and videos from the world's leading boybands.
7.00 PM		**7.00 Speedway: Great Britain Grand Prix – LIVE** The 2000 Speedway Grand Prix season reaches Great Britain with live action from the Coventry Stadium, in which veteran Billy Hamill of America will be facing pressure from British stars Mark Loram and Chris Louis.	**7.00 Darts: World Matchplay – LIVE** The Winter Gardens plays host to the World Matchplay championship which reaches its climax with a total prize of £83,000 on offer, plus the trophy and valuable ranking points. Rod Harrington is the defending champion and as the world's number one, began the tournament as favourite. Jeff Stelling introduces the live action while Sid Waddell, Dave Lanning and John Gwynne supply the commentary.		**7.00** **The Burning Zone** *Elegy for a Dream* Contaminated tattoo ink causes an outbreak of flesh-eating bacteria.	**7.00** **Weekend Edition** The latest showbiz news stories and gossip. **7.30** **MTV Movie Special**
8.00 PM	**8.00 Tennis – LIVE** Semi-finals coverage of the WTA Tournament from the Taube Family Tennis Stadium of Stanford University in the US. Now in its 30th year, the Bank of the West Classic is the oldest continuously running women-only tennis tournament in the world. It is the first of the three important West Coast tune-up tournaments for the US Open in September on hard courts, along with Acura Classic in San Diego and the Los Angeles Open.			**8.00** **Ford Golf USA: John Deere Classic – LIVE** Coverage from day three at the TPC at Deere Run Silvis, Illinois. JL Lewis was last year's winner.	**8.00 FILM: Krull** *Ken Marshall, Lysette Anthony, Freddie Jones* Fantasy adventure. A prince sets out on a daring journey to rescue his young bride who is held captive by the monstrous Beast, but faces slayers and alien beings who oppose him at every turn. *1983*	**8.00** **Making the Video: 'N Sync – Bye Bye Bye** **8.30 Backstreet Boys: The Story So Far** The rise of the boyband.
9.00 PM						**9.00 Celebrity Death Match** It's another double helping of the MTV claymation series where stars battle it out for supremacy.
10.00 PM		**10.00** **World Wrestling Federation – Late Night Smackdown** Jim Ross, Kevin Kelly and Michael Cole host another bout of action from the *WWF*, featuring The Undertaker, 'Stone Cold' Steve Austin and The Rock.			**10.00** **FILM: Paperhouse** *Charlotte Burke, Ben Cross, Samantha Cahill* Dark fantasy. A young girl discovers that, by drawing in her sketch book, she can create a world to visit in her dreams with occupants that have lives of their own. *1988*	**10.00 World's Most Expensive Videos Part III** Another look at some of the most costly pop videos ever made.
11.00 PM	**11.00 SportsCentre** Sports news bulletin. **11.15 Formula 3000** Coverage of the FIA Formula 3000 International Championship in Hockenheim, Germany.	**11.55** **Premiership Shorts**	**11.00 Euro Tour Golf: TNT Dutch Open and Senior British Open** The best of the action from the third day's play in the TNT Dutch Open and the Senior British Open.	**11.00-12midnight Triathlon: Ironman – Europe** Action featuring swimming, cycling and road-racing.	**11.45 Vid Vicious**	**11.30** **The Tom Green Show** More humour and mayhem with Mr Green.
NIGHT TIME 12.00	**12.15am Boxing** International contest. **12.45-1.00am SportsCentre**	**12midnight Australian Rugby League 2.00am Ford Rugby Union: Tri-Nations – Australia v South Africa 3.30 World Wrestling Federation – Late Night Smackdown 5.25 Premiership Shorts 5.30-6.00am Extreme Sailing**	**1.30am Johnny Mowlem Porsche Travels 2.00 Motor Racing: NASCAR Busch – Car Quest Auto Parts 250 – LIVE** **4.30 Max Power** **5.30-6.00am Johnny Mowlem Porsche Travels**		**12midnight** **FILM: Un Chien Andalou** Surreal classic. *1929* **12.20am** **FILM: Communion** *Christopher Walken* Alien encounter drama. *1988* **2.20-4.00am FILM: The Hellstrom Chronicle II** *1972*	**12midnight The Late Lick** Videos, news and interviews with the heavyweights of the R&B scene. **1.00am MTV Dance Floor Chart Show** **2.00 Hit List UK** **3.00 Chill Out Zone** **5.00-6.00am Night Videos**

LIVE TENNIS: WTA STANFORD EUROSPORT 8.00PM

From Stanford University, California, comes semi-final coverage of the 30th Bank of the West Classic, the oldest continuously running women-only tennis tournament in the world. It will be difficult to beat America's Lindsay Davenport (pictured), who won the title over Venus Williams in the last two years and always plays her best tennis on home ground. Among her challengers are Martina Hingis and Monica Seles both past champions of this event. The tournament purse is $500,000.

PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

12midnight Freeview
12.12am Adult Feature
12.40 Sam Gets Her Girl
1.00 FILM:
Sex Nurses
2.05 Dr Anna St John
2.25 Naughty Nellie the Nympho Nurse
2.50-4.00am
FILM: Adult Feature

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight Preview
12.10am Suburban Tales
12.20 Search for Porn Star
12.45 FILM: Adult Feature
1.00 Freeview 1.05 FILM continues 2.00 Freeview 2.05 Exposed 2.30 FILM: Extasy 3.00 Freeview 3.05 FILM continues 3.40-4.00am Sarah Winters

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 8.00 Emma 9.00 Talk Music 9.30 Greatest Hits: Steps 10.00 It's the Weekend with Jules and Gideon 11.00 The Millennium Classic Years: 1992 12noon Behind the Music: Milli Vanilli 1.00 The VH1 Album Chart Show 2.00 It's the Weekend with Jules and Gideon

3.00 Behind the Music: The Carpenters
Documentary following the amazing career of the talented duo.

4.00 Behind the Music: Shania Twain
Documentary series which turns the spotlight on the rise to fame of the brightest new country music talent.

5.00 Behind the Music: TLC
Documentary following the rise of the band responsible for such hits as *Waterfalls* and *Creep*.

6.00 Behind the Music: Celine Dion
The story of the incredible rise of the pop diva and her relationship with her husband.

7.00 The Millennium Classic Years: 1995
A look at the greatest hits and news headlines of this memorable year.

8.00 It's the Weekend with Jules and Gideon
VH1's dynamic duo present their own unique look at the 1990s to date.

9.00 Behind the Music: Tina Turner
VH1 takes a look behind the music of Tina Turner, a diva whose career has spanned five decades.

10.00 Behind the Music: 1984
A look back at the year responsible for the birth of the essential pop video.

11.00 Storytellers: The Pretenders
The Pretenders first hit the charts in 1979 and have become one of rock's most enduring bands.

12midnight Behind the Music: 1999 1.00am Behind the Music: Elton John 2.00 Behind the Music: Def Leppard 3.00 Behind the Music: Iggy Pop 4.00 Behind the Music: Lenny Kravitz 5.00-6.00am Behind the Music: Alanis Morrisette

ANIMAL PLANET
WORLD PACK

12noon Crocodile Hunter
Travelling the Dingo Fence
12.30pm Crocodile Hunter
Wild in the USA
1.00 Emergency Vets
Stories from Alameda East Veterinary Hospital.
1.30 Emergency Vets
Stories from Alameda East Veterinary Hospital in Denver.
2.00 The Whole Story
Spiders

3.00 Survivors
Orang-Utans
A look at an orang-utan orphanage which has been set up to care for these endagered creatures.

4.00 Living Europe
Fresh Water
A visit to Eastern Europe, where untouched lakes teem with wildlife and rare creatures inhabit caves.

5.00 Crocodile Hunter
Reptiles of the Deep – Sea Snakes
Steve Irwin dives off the coast of southern Florida.

6.00 The Aquanauts
Featuring the rare Galapagos shark.

6.30 The Aquanauts
A descent into the wrecks of a Canadian warship.

7.00 Wild Rescues
Tales of people and animals saving each other.

7.30 Wild Rescues
A dog is rescued from an ice-cold river.

8.00 Wildlife Cop
A focus on the work of a Wildlife Liaison Officer.

8.30 Wildlife Police
Trailing the criminals who kill, steal or maim animals.

9.00 Game Park
Life and Death
Documentary following the essential work carried out in the Hluhuwe Umfolozi Park in South Africa.

10.00 Crocodile Hunter
Return to the Wild
Steve Irwin takes his father on a search for an injured rogue crocodile.

11.00 The Aquanauts
Series exploring underwater landscapes and creatures.

11.30-12midnight

CABLE CHECK
Some of the channels listed may not be available in your area

ITV2
ACCESS PACK

9.25am Board Wild 10.00 Amazing Games 10.30 Karate World Stories 11.00 The Extremists 11.30 Touch Football 12noon Touch Football 12.30pm Karate World Stories 1.00pm Trisha
A triple bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text

4.00 Transatlantic Wrestling Challenge
More grappling action as eight British professional wrestlers take on their counterparts from America.

5.00 Transatlantic Wrestling Challenge
Further grappling action with eight British professional wrestlers taking on US rivals.

6.00 The Extremists
Extreme sporting action with more thrilling and offbeat sport events.

6.30 Touch Football
Top sporting action.

7.00 Touch Football
Further sporting action.

7.30 Karate World series
High-kicking action with the tough contact sport.

8.00 A Date with Steps

8.30 Stepping Out
Featuring performance footage from their tour and an insight into their fascinating life on the road.

9.30 The Next Step – Live
Steps in concert.

10.45 Rough Treatment
First of a two-part drama about an ambitious young army officer whose career is left in ruins after she is attacked by two drunk fellow officers. But when her case against them collapses, her thoughts turn to revenge.

12.15am Videotech
The latest chart videos.
12.45 Planet Rock Profiles
In-depth musical profile.
1.15-2.20am Trisha
Today's talk show from ITV.

UK STYLE
LIFESTYLE PACK

7.00am Can't Cook, Won't Cook 7.30 Ready, Steady, Cook 8.00 House Invaders 8.30 The House Doctor 9.00 Antiques Roadshow US 10.00 Holiday in Style 11.00 Holiday Swaps 11.30 Spa Trek 12noon Holiday on a Shoestring 12.30pm Looking Good 1.00 à la mode 1.30 Two Fat Ladies 2.00 Gary Rhodes 2.30 Delia Smith's Summer Collection

3.00 Delia's How to Cook
Delia Smith prepares onion and potato bread.

3.30 Fresh Food
A feast based around cider.

4.00 Can't Cook, Won't Cook
Cookery challenge.

4.30 Ready, Steady, Cook
Cookery challenge show.

5.00 House Invaders
The team create a bedroom fit for a princess.

5.30 The House Doctor
How to create space.

6.00 Antiques Roadshow US
A visit to San Antonio, where specialists examine Mexican silver and American Indian artefacts.

7.00 Holiday in Style
Jayne Constaninis introduces reports from Kenya, the Red Sea, the Seychelles, the Dominican Republic and Australia.

8.00 Holiday Swaps
A family go on a diving expedition in the Red Sea.

8.30 Spa Trek
England – Forest Mere Health Farm

9.00 Holiday on a Shoestring
Budget holiday hints.

9.30 Looking Good
Lowri Turner presents the fashion and beauty series.

10.00 à la mode
A Tina Turner soundalike gets the lookalike treatment from the team.

10.30 Two Fat Ladies
The Air Race

11.00 Gary Rhodes
Alderney

11.30 Delia Smith's Summer Collection
Thai salmon filo parcels and a rhubarb pie.

12midnight Delia's How to Cook
Delia shows how easy it is to bake your own bread, and demonstrates by preparing onion and potato bread.
12.30am-1.00am Fresh Food
A feast based around cider.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am American Plains: Coyote Country 8.00 Three Monkeys
Natural World
9.00 Flight to the Death
Killing for a Living
10.00 The House Text
11.00 The House Text
12noon Tomorrow's World Plus
1.00pm Flight to the Death
2.00 Three Monkeys

3.00-8.00 Airport
International protocol is at risk. Text
3.30 A missing flute causes some trouble for Aeroflot. Text
4.00 Gourmet writer Egon Ronay visits the airport's restaurants. Text
4.30 Aeroflot's Jeremy Spake deals with a lost passenger. Text
5.00 A pilot makes a rare emergency call to air traffic control. Text
5.30 A customs officer stops a suspected drugs carrier. Text
6.00 The arrival of Pamela Anderson brings Terminal 3 to a near standstill. Text
6.30 Paramedics respond to an emergency. Text

7.00 Forty different diplomatic parties arrive at Heathrow for the Bosnian peace talks. Text
7.30 Michael Jackson arrives. Text

8.00 Frankfurt Airport
NEW SERIES A look behind the scenes at one of Europe's busiest airport – second only to Heathrow.

9.00-11.00 Airport
Jeremy receives a spectacular view of the solar eclipse. Text
9.30 A passenger complains. Text
10.00 One of the immigration officers investigates a Columbian asylum seeker. Text
10.30 The King of Jordan arrives. Text

11.00 Tomorrow's Airport Text
11.30 Airport Text
12midnight Airport Text
12.30am-1.00am Airport
Documentary. Text

UK PLAY:
1.00am Goodness Gracious Me 1.20 The Fast Show 1.55 Hippies 2.30 Rock Profile 3.00 Dave Pearce's DJ Anthems 3.30-7.00am The Joy of Decks

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Food Factory 7.30 Coxon's Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 Ross on the Range 9.30 Costa del Nosh 10.00 Food from the Village 10.30 Cocktail Challenge 11.00 An Umbrian Kitchen 11.30 Three Chefs in the Cape 12noon Barbecue Party 12.30pm Cucina Valentina 1.00 Coxon's Kitchen College 1.30 In Season 2.00 Network Daily 2.45 Quick Cooks

3.00 Ross on the Range
Monument Valley

3.30 Costa del Nosh
Mick and Nick Nosh prepare pan-fried chicken.

4.00 Cocktail Challenge
Cocktail challenge.

4.30 Ross's Barbecue Party

5.00 An Umbrian Kitchen

5.30 Three Chefs in the Cape

6.00 Coxon's Kitchen College

6.30-7.00pm Picture This

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm The Fur Seals Nursery
The seals that inhabit the isle of Amsterdam in the Indian Ocean.

7.30 Sealion Summer

8.00 The Wild Boars
An insight into the true nature of the wild boar which has, perhaps unfairly, earned something of a bad reputation.

9.00 Lions of Darkness
An intimate and intriguing chronicle of almost three years with three powerful male lions in Botswana.

10.00 Piranha!
A report on the notorious and deadly red piranha.

10.30 Ants from Hell
The ants which have have spread across America.

11.00 Backlash in the Wild
A look at two political backlash movements that have steadily gained momentum across the US.

12midnight-1.00am Elephant Journeys
A visit to a nursery in East Africa which hand-raises baby elephants and eventually releases them back into wild herds.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Strike it Lucky 5.30 Sale of the Century 6.00 100% 6.30 Family Fortunes 7.00 Beadle's About 7.30 Winner Takes All 8.00 Stars in Their Eyes 8.30 Candid Camera 9.00 Whittle 9.30 Strike it Lucky
Michael Barrymore hosts the madcap gameshow
10.00 Endurance UK 10.30 Family Fortunes 11.00 Gladiators
Muscle-bashing challenges.
12midnight Beadle's About 12.30am Stars in Their Eyes 1.00 Candid Camera 1.30 Absolute Cobblers 2.00 Karaoke Challenge 2.30 3-2-1 3.30 The Krypton Factor 4.00 Say the Word 4.30 Move on Up 5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Set in Stone 6.30 The Diceman 7.00 Screaming Reels 7.30 Hooked on Fishing with Paul Young 8.00 How to with B & Q 8.05 A Car Is Born 8.35 Our House Down Under 9.05 Home Savvy 9.35 Home Savvy 10.05 How to with B & Q 10.10 Total Fishing with Matt Hayes 10.40 Fishing Australia 11.10 Rex Hunt Fishing Adventures 11.40 Last in the League 12.10pm How to with B & Q 12.15 Two's Country 12.45 Doing it Up 1.15 Home Again with Bob Vila 1.45 The New Yankee Workshop 2.15 How to with B & Q 2.20 Village Green 2.50 Our House 3.20 Go Fishing 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Adrenalise 10.30 That Film Show 11.00 Byte Me 11.30 Chilli Factor 12noon Hip-Hop Special 12.30pm Fearless 1.00 Surf Film 2.00 e-trippers 2.30 High Adrenalin 3.00 Trainspotters 99 4.00 Ibiza 2000 4.30 Chilli Factor 5.00-6.00am Newquay Surf 2000

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

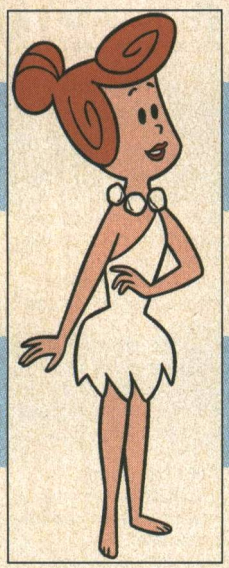
Saturday 29 July

MORNING

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am-9.00pm
The Flintstones Weekend
It's time to tune in to a prehistoric plethora of animation as Cartoon Network devotes a whole 48 hours to a weekend marathon of *The Flintstones*. Join Fred, Wilma (pictured), Betty, Barney, Bamm-Bamm and Pebbles for a feast of fun and misadventures.



NICKELODEON
FAMILY PACK

7.00am The Three Friends... and Jerry 7.30 The Three Friends... and Jerry 8.00 Kenan and Kel 8.30 Kenan and Kel 9.00 Rugrats 9.30 Rugrats 10.00 Hey Arnold! 10.30 Hey Arnold! 11.00 CatDog 11.30 CatDog 12noon Angry Beavers 12.30pm Angry Beavers 1.00 Rocko's Modern Life 1.30 Rocko's Modern Life 2.00 Renford Rejects 2.30 Renford Rejects

3.00 The Secret World of Alex Mack
More from the schoolgirl with extraordinary powers.
3.30 The Secret World of Alex Mack
4.00 Sister Sister
Double trouble with Tia and Tamera.
4.30 Sister Sister
Double trouble with Tia and Tamera.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

FOX KIDS
FAMILY PACK

6.00am Oggy 6.10 Bad Dog 6.30 Bobby's World 6.55 Jim Button 7.15 Walter Melon 7.40 Inspector Gadget 8.00 Oggy 8.10 Biker Mice 8.30 Titan AE: Behind the Scenes 8.55 Sailor Moon 9.40 Digimon 10.00 Power Rangers 10.20 Monster Rancher 10.45 Masked Rider 11.05 X-Men 11.30 Spy Dogs 11.50 Ace Ventura 12.15pm Walter Melon 12.35 Inspector Gadget 1.00 Woody 1.10 Casper 1.30 Donkey Kong 1.55 Dennis and Gnasher 2.20 Life with Louie 2.40 Princess Sissi

3.00 Princess Starla and the Jewel Riders
3.20 Sailor Moon
Cult Japanese animation.
3.45 Mighty Morphin' Power Rangers
4.05 Mighty Morphin' Power Rangers
4.30 Digimon
4.50 Masked Rider
The adventures of the teenage alien superhero.
5.15 Monster Rancher
Genki and Holly try to save Monster Rancher world.
5.35 Biker Mice from Mars
6.00 The New Addams Family
6.25 Casper
6.35-7.00pm Goosebumps

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 Weekend 24 9.00 News 10.30 Talk 11.00 News 11.30 Australia 12noon News 12.30pm Correspondent 1.00 News 2.30 Talk 3.00 News 3.30 Reporters 4.00 News 4.30 Movies 5.00 News 5.30 Scoreline 6.00 News 6.30 Scoreline 7.00 News 7.30 Sportsday 8.00 News 10.30 Movies 11.00 News 12.30am Correspondent 1.00 News 2.30 Australia 3.00 News 3.30 Movies 4.00 News 4.30 Reporters 5.00 News 5.30-6.00am Talk

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Health 6.30 Business This Week 7.30 World Beat 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 CNNdotCOM 12.30pm Moneyweek 1.00 Update/Report 2.30 Health 3.30 Sport 4.30 Golf 5.00 Africa 5.30 Business 6.30 Hotspots 7.30 World Beat 8.30 Style 9.30 Artclub 10.30 Sport 11.00 WorldView 11.30 Europe 12.30am Showbiz 1.00 WorldView 1.30 Diplomatic 2.00 Larry King 3.00 WorldView 3.30 Both Sides 4.30-5.00am Evans, Novak, Hunt & Shields

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Technofile 10.30 Showbiz Weekly 11.30 Fashion TV 12noon Sky News Today 1.30pm Answer the Question 2.00 Sky News Today 2.30 Week in Review 3.30 Showbiz Weekly 4.30 Technofile 5.00 Live at Five 7.30 Sportsline 8.30 Answer the Question 9.30 Media Monthly 10.00 Sky News at Ten 12.30am Showbiz Weekly 1.30 Fashion TV 2.30 Technofile 3.30 Week in Review 4.30 Answer the Question 5.30-6.00am Showbiz Weekly

INTERNATIONAL

SAT1 5.40am Simon Templar 6.35 Jumanji 7.05 Fantastic Max 7.35 Schlümpfe 8.05 Rugrats 8.35 Der Regenbogenfisch 9.05 Scooby-Doo Show 9.35 Tom und Jerry Kids Show 10.05 Familie Feuerstein 10.35 Bugs Bunny 11.05 Men in Black – Die Serie 11.35 Die Peanuts 12noon Heartbreak High 1.00pm Raumschiff Enterprise 2.00 Star Trek – Raumschiff Voyager 3.00 Das Netz 4.00 echt wahr! 4.30 Nachrichten 5.00 Verrückte Welt 5.45 Alf 6.15 Der Dicke und der Belgier 6.45 Hausmeister Krause 7.15 FILM 9.40 Die Wochenshow 10.40 Die Wochenshow – Classics 11.10-1.40am Der Dicke und der Belgier

TV5 5.00am Journal 5.15 Journal des Journaux 6.00 Les Zaps 6.05 Les Zaps 6.30 Journal 7.00 Les Zaps 7.30 Infos 8.00 Archimède 8.05 Journal 9.00 Journal 9.15 Silence ça Pousse 9.30 Branché 10.00 Montagne 11.00 Infos 11.05 Design CTQC 11.30 Journal 12noon Infos 12.05pm Infos 12.30 Reflets 1.00 Journal 1.15 Un Siècle d'Ecrivains 2.00 Portraits 3.00 Journal 3.15 Questions 3.30 Sport Africa 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Quatre Histoires de Femmes 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Thalassa 9.00 Journal 9.15 La Vie à l'Endroit 11.00 Le Journal de la TSR 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 8.00 Sant Darshan 9.00 Cultural Heritage 11.00 Interactive Live 12noon News 12.30pm Sansaar 1.00 Pakistan This Week 1.30 FILM 4.00 Gehra Paani 5.00 MTV 123 6.00 Ek Mulaqat 6.30 Music Fusion 7.00 MTV Hitlist 8.00 Kabhie Kabhie 8.30 Junoon 9.00 FILM 12midnight MTV Hitlist 1.00am FILM 4.00 Kabhie Kabhie 4.30 Junoon 5.00 Gehra Paani 6.00 Balcony 6.30 D.D. Programme 7.00-7.30am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Yeh Hai Bombay Meri Jaan 6.30 Shabads 6.45 Holy Quran 7.00 Faith: Swami Narayan 7.30 Daily News 8.00 Pakistan Business Week 8.30 Janam 9.00 Choti Choti Baatein 9.30 Quiz Contest 10.00 Entertainment Express 10.30 Gubbare 11.30 Khana Khazana 12noon FILM 3.00pm Show Time 4.00 Sofia 5.00 Khoobsurat 5.30 Rishtey 6.30 Hum Paanch 7.00 Callmate 8.00 News 8.30 FILM 11.30 Super 7 12midnight News 12.15am Punjabi News 12.30 FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Aur Ek Minute 5.30-6.00am Gane Anjane

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 700 Club 6.00 CMTV 6.30 Jack Van Impe Presents 7.00 Kids Club 7.30 Donut Man 8.00 Colby's Clubhouse 9.00 Gospel Bill 9.30 This Generation 10.00 Jesse 10.30-11.00am CMTV

BLOOMBERG
WORLD PACK

2.15am City Diary 2.30 Market Movers 4.45 European Weekly Review 5.00 Market Movers 5.15 City Diary 5.45-6.00am Spread Your Bets

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 10.00 Parliamentary Coverage 2.00pm Prime Minister's Questions 2.30 Hearts and Minds 3.00 Welsh Assembly 6.30 Parliamentary Coverage 11.30-12midnight Straight Talk

DISCOVERY
WORLD PACK

4.00pm Classic Story of the SAS
A profile of one of Britain's most elite and feared fighting forces and its history since World War II.
5.00 Battlefield
The Battle of Stalingrad – Part I
A look at the strategies that determined the outcome of the campaign.
6.00 Battlefield
The Battle of Stalingrad – Part II
A look at the story of the brutal and bloody battle for Stalingrad.
7.00 US Navy SEALs – Hell Week
Documentary following two classes of recruits at the US Navy SEAL training centre in California.
8.00 Scrapheap
Off-Road Buggies
The two teams have to build a one-man vehicle to compete in the battle of the buggies.
9.00 Pyramid of Doom – An Ancient Mystery
The story behind 70 ancient and mutilated skeletons unearthed in Peru.
10.00 Beyond the Horizon with the Red Arrows
10.30 Extreme Terrain
Extreme terrain vehicles.
11.00 Super Reality
Technology and car design.
11.30 Diving with the Force
Follow the Thames Valley Underwater Search Unit.
12midnight Trailblazers
Japan
Doug Lansky experiences the cocktail of futurism and tradition that is Japan.
1.00am-2.00am Indianapolis – Ship of Doom
Explore the US warship.

TCM
FAMILY PACK

9.00pm FILM: Cimarron
Glenn Ford, Maria Schell, Anne Baxter
Old West adventure about a family who arrive in Oklahoma in 1889 and emerge as successful newspaper proprietors in the 1920s. *1960*

11.50-1.00am FILM: The Big Stampede
John Wayne, Noah Beery
Western. *1932*

CARTOON NETWORK:
1.00am-5.00am
The Flintstones Weekend
Join Fred, Wilma, Betty and Barney for hours of prehistoric fun and adventure with a weekend marathon of *The Flintstones*.

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 King of Queens

8.00 Cheers
Ma Always Liked You Best
Cliff's mother makes a hurtful remark.
8.30 Just Shoot Me
Eve of Destruction
9.00 FILM: Pretty in Pink
Molly Ringwald, Andrew McCarthy, Jon Cryer
Teenage comedy drama. Two worlds collide when an unpopular high school girl from the wrong side of the tracks falls for a rich and well-respected classmate. *1986*
10.55 Lee and Herring – Live at The Cochrane
Catch the popular comic duo performing live at the final stage of their sell-out UK tour.
12.10am FILM: Class
Andrew McCarthy, Rob Lowe
Teen comedy romance. *1983*
2.00 Hitz
2.30 Encore Encore!
3.00 It's Garry Shandling's Show
3.30-4.00am Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Kitchen Shop!
8.00 Kids Shop!
A selection of outdoor toys for children.
8.30 Jewellery Shop!
9.30 Sports Shop!
A selection of bicycles and accessories.
10.00 Entertainment Shop!
12noon Shop! Outlet
12.30pm Shop! Selection
1.30 Shop! Special
2.30 Home Shop!
3.30 Kitchen Shop!
4.30 Technology Shop!
5.30 Shop! Preview
6.00 Shop! Selection
7.00-7.30pm Clothes Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* at 6.00am followed by children's shows. Saturdays: Children's programming and a round-up of the week's news in *The Review*. Sundays: Highlights include a *Pokémon* triple bill and *The Review*.

NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon Disappearances
12.55pm Photos for the Future II
1.00 Battleships
2.00 Biography
Pablo Picasso – Part II
3.00 Great Crimes and Trials
Jean Harris
3.30 Great Crimes and Trials
Neville Keith – The Ladykiller
4.00 The Spying Game
4.30 Spies
Women Underground
5.00 Project Cancelled
The Bristol Brabazon
6.00 The Korean War
Retreat from Hell
7.00 Biography
Andy Warhol
A portrait of the pop artist.
8.00 Century
Into the Unknown
9.00-10.00pm The Search for Shangri-La

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Jewellery Collection at 11.00am.

So light and easy to use...

Weighing less than 4lbs it cleans everywhere, quickly with no fuss and simply stores away.

Converts to a hand vac...

With its own carry handle making it ideal for cleaning curtains, upholstery, cupboards, stairs, work surfaces even your car with ease.

"Believe me, this Ultra Smart Vac it's so light and powerful...

...it's absolutely fantastic!"

Mrs Miller, Essex

SPECIAL PRICE £19.95 +£3.95 p&p WITH TOOLS

Believe me, you won't have ever used an upright vacuum as good as the Ultra Smart - *Available now for £21 less than the MRP of £44.95.* When you do, you'll notice there's more to it than its lightweight and attractive slim looks.

There's its powerful motor, its almost magical ability to glide over carpets, bare floor and along skirting boards, picking up pet hairs, everyday dirt, almost anything in its path. You'll admire too its comfortable hand grip and long reach handle. It also has a handy dust cup indicator, a full set of tools and an extra long flex making it perfect for stairs and big rooms.

It's also a superlight hand vac

Just to add to the pleasure, it's also a superlight hand vac. At a touch of a button the long reach handle can be removed leaving you with a compact, powerful hand held vacuum.

Be Ultra Smart, order yours today

Discover for yourself why Ultra are Britains fastest growing homecare company. Order today by post, or if you are a Credit Card holder telephone 02380 248706 - Ultra Smart comes with a 30 day Money Back Promise.

...ideal for stairs

ELECTRIC ULTRA SMART Vac

Check it out...

- Ultra Smart weighs less than 4 lbs.
- Quickly converts to a hand vac
- 5.75 metre long electric flex
- Comes with crevice and floor tools
- Dust cup indicator
- No bags required
- After sales service

OUR PROMISE TO YOU

If you are in any way unhappy with your ULTRA SMART Vacuum, return it within 30 days of receipt and we will refund your purchase price in full.

WHY NOT BUY TWO!

OFFER APPLIES TO UK ONLY

SAVE OVER £21

ON THE M.R.P. OF £44.95 - ORDER NOW

Complete this coupon and send to:
SIMPLE SHOPPING, PO BOX 555 SOUTHAMPTON, HANTS, SO14 0YB

Product	Code	Price inc £3.95 p&p	Total
Ultra Smart Vacuum	SV9361	£23.90	
BUY 2 ULTRA SMART VACUUMS - SAVE £8			
2 Ultra Smart Vacuums	SVDISC	£39.80	

☐ I enclose my cheque/postal order made payable to Simple Shopping

☐ Please charge my ☐ MasterCard ☐ Visa credit card

Card No. _____ Expiry date _____

Signature _____ BLOCK CAPITALS

Name (Mr/Mrs/Miss/Ms) _____

Address _____

_____

Postcode _____

Telephone _____ CW/1B

Every effort will be made to despatch your order within 28 days. Further offers from other carefully selected companies, may be sent to you. If you do not wish to receive them, please write to: Customer Services, Simple Shopping, PO Box 555 Southampton, Hants SO14 0YB.

MOPS

ONLY AVAILABLE FROM SIMPLE SHOPPING. CREDIT CARD HOLDERS CAN...

Call 02380 248706 today

PLEASE QUOTE CW/1B

SIMPLE SHOPPING, MOUNT PLEASANT INDUSTRIAL PARK, NORTHAM, SOUTHAMPTON, HANTS, SO14 0SP

Sunday 30 July

SKY PREMIER
PREMIUM CHANNEL

6.40am The Scarlet Tunic
1997, rating Sky PG, 88 mins
8.15 Return from Witch Mountain
1978, rating Sky U, 90 mins
10.00 Treehouse Hostage
1998, rating Sky PG, 87 mins
11.45 Home Alone III
Alex D Linz, Olek Krupa
Family comedy. Text *1997, rating Sky PG, DS, 98 mins*
1.30pm The Horse Whisperer
Robert Redford, Kristin Scott-Thomas, Sam Neill, Dianne Wiest
Romantic drama. A riding accident leaves a young girl and her horse damaged both physically and psychologically. The young girl's mother takes her daughter and the horse to a near-legendary horse whisperer to heal their physical and emotional wounds. Text *1998, rating Sky PG, 162 mins*
4.30
Barry Norman Interview with Kenneth Branagh
5.00 Home Alone III
Alex D Linz, Olek Krupa, Rya Kihlstedt, Lenny Von Dohlen
Kids' comedy sequel about a chicken-pox stricken lad who is left alone to deal with foreign spies searching for a stolen military computer chip. With the usual array of cunning ploys and ingenious booby traps, he outsmarts the bad guys. Text *1997, rating Sky PG, 98 mins*
7.00 Babe: Pig in the City
James Cromwell, Mary Stein, Mickey Rooney
PREMIERE Sequel to the blockbusting family film and continuing the adventures of the loveable pig who thinks he is a sheepdog. When he travels to the city to help his human friends, he encounters a whole new and exciting world. *1998, rating Sky PG, DS, 92 mins*
9.00 Practical Magic
Sandra Bullock, Nicole Kidman, Stockard Channing
Supernatural romance about sisters who inherit the power of witchcraft from their family, but at a price. They are cursed to have any man they happen to fall in love with die. Text *1998, rating Sky 12, DS, 100 mins*
10.45 Gattaca
Ethan Hawke, Uma Thurman
Sci-fi tale of a man trying to overcome his limitations as a naturally born, and therefore defective, person in a world where genetic modification has created an élite class. Text *1997, rating Sky 15, 102 mins*
12.35am Zero Effect
Text *1998, rating Sky 15, 111 mins*
2.35 Snow White: A Tale of Terror
Text Last Play Fantasy. *1997, rating Sky 15, 96 mins*
4.15-6.00am The Scarlet Tunic
1997, rating Sky PG, 88 mins

SKY MOVIEMAX
PREMIUM CHANNEL

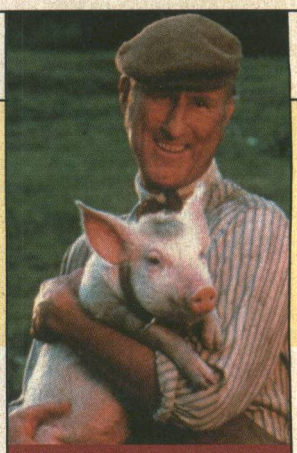
6.00am Hi Honey, I'm Dead
1991, rating Sky PG, 88 mins
8.00 Don't Look Behind You
Patrick Duffy, Pam Dawber
1999, rating Sky PG, 88 mins
10.00 Au Pair
Gregory Harrison, Heidi Noelle
1999, rating Sky U, DS, 90 mins
12noon Danielle Steel's Changes
Cheryl Ladd, Michael Nouri
1991, rating Sky PG, 91 mins
2.00pm Don't Look Behind You
Patrick Duffy, Pam Dawber, Anne Marie Loder, Dominic Raacke
Action thriller about the only witness to a major fraud. In fear for their lives, the family go into hiding but the enemy are ready to pounce. *1999, rating Sky PG, 88 mins*
4.00 Au Pair
Gregory Harrison, Heidi Noelle Lenhart, Jane Sibbett
Romantic comedy in which a high-flying graduate believes she has landed the job of her dreams, only to discover that she has been employed as a nanny to the boss' spoilt children. *1999, rating Sky U, DS, 90 mins*
5.45 UK Top Ten
The current British blockbusters.
6.00
The Sue Rodriguez Story
Wendy Crewson, Al Waxman, Patrick Galligan, Miko Hughes
Moving drama, based on a true story, about one woman's fight for the right to die. After being diagnosed with a terminal illness she takes her case to the law and press and creates a national debate about her plight. Text *1998, rating Sky PG, 89 mins*
8.00 Rush Hour
Jackie Chan, Chris Tucker, Ken Leung, Tom Wilkinson
Fast moving knockabout comedy about a Hong Kong cop called in when the Chinese consul's daughter is kidnapped. He is paired with a flashy LAPD cop assigned to keep his opposite number as far from the action as possible. Text *1998, rating Sky 12, DS, 94 mins*
10.00
The Replacement Killers
Chow Yun-Fat, Mira Sorvino
Hong Kong action thriller. When a contract killer refuses to carry out a killing for a crime lord, he goes on the run. Text *1998, rating Sky 18, 84 mins*
11.30 Cyborg
Dayle Haddon, Jean-Claude Van Damme, Deborah Richter
Action adventure. *1989, rating Sky 18, 81 mins*
1.00am The Pandora Project
Daniel Baldwin, Erika Eleniak
1997, rating Sky 15, 86 mins
2.30 Hotel De Love
Text *1996, rating Sky 15, 93 mins*
4.10-5.55am
Danielle Steel's Changes
1991, rating Sky PG, 91 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am The Bohemian Girl
Stan Laurel, Oliver Hardy
Classic Laurel and Hardy comedy
1936, rating Sky U, 69 mins
12.30pm
Cattle Queen of Montana
Ronald Reagan, Barbara Stanwyck
Western in which a tough woman inherits her father's ranch and has to fight off marauders. *1954, rating Sky PG, 85 mins*
2.00 His Majesty O'Keefe
Burt Lancaster, Joan Rice, Abraham Soafer, André Morell
Adventure about a man shipwrecked on a paradise island. *1953, rating Sky U, 86 mins*
3.40 G.I. Blues
Elvis Presley, Juliet Prowse, Leticia Roman, Robert Ivers
Musical. An American soldier falls for a dancer while serving in Germany. He pulls strings to stage a big show for his fellow soldiers and, as smooth as ever, tries to woo his rather exquisite co-entertainer. *1960, rating Sky U, 100 mins*
5.40 Zorba the Greek
Anthony Quinn, Alan Bates
Oscar-winning drama. A young British writer, who is struggling against writers' block, discovers that he has an inheritance on a small Greek island. Once there, he develops a surprising friendship with an elderly Greek peasant whose lust for life and their adventures together introduce the young man to new ways of existence. *1964, rating Sky PG, 136 mins*
8.00 McQ
John Wayne, Colleen Dewhurst, Eddie Albert, David Huddleston
Police thriller about a fearless and righteous cop who sets out to avenge the death of his partner. While investigating the killing of his best friend, he uncovers a string of corruption within the police department dealing with confiscated drugs. *1974, rating Sky 15, 106 mins*
10.00
The Outlaw Josey Wales
Clint Eastwood, Sondra Locke, Chief Dan George, John Vernon
Western drama set in the wake of the Civil War. A farmer sets out seeking vengeance for the destruction of his idyllic home life and turns ruthless gun-slinger in a bid to rid himself of bitterness and return to humanity. *1976, rating Sky 18, 130 mins*
12.15am American Me
Edward James Olmos
1992, rating Sky 18, 121 mins
2.20
The Secret of the Purple Reef
Jeff Richards, Margia Dean
Drama. *1960, rating Sky 12, 77 mins*
3.45 Gene Kelly
4.25-6.00am His Majesty O'Keefe
1953, rating Sky U, 86 mins

FILMFOUR
ADD-ON CHANNEL

2.00pm Robin and Marian
Sean Connery, Audrey Hepburn, Robert Shaw, Richard Harris
Action drama about the exploits of the outlaw Robin Hood and his fair mistress Maid Marian. The legend continues now that they are somewhat more mature in their twighlight years. Robin, fresh back from the Crusades, finds the Sheriff of Nottingham still threatening the poor and defenceless in Sherwood Forest. He rallies his faithful friends and peasants together once more to fight the evil tyrant in true heroic style. *1976, 102 mins*
4.00 Blackmail
Anny Ondra, Sara Allgood, Charles Paton, John Longden
Hitchcock thriller in which a police detective uses his position in the force to protect his fiancée. She thwarts a rape attempt by stabbing a man but, unbeknown to her, there was a witness who now threatens the cover-up. Text *1929, 81 mins*
5.30 Bon Voyage
6.00 Dancing at Lughansa
Meryl Streep, Michael Gambon, Catherine McCormack, Rhys Ifans
Drama. A young boy tells the story of growing up with his mother and aunts in 1930s Ireland. However, disruption sets in when their their brother, a Catholic priest, returns from his work in Africa befuddled by age and drink. *1998, 91 mins*
7.40 Herd
8.00 Close Encounters of the Third Kind
Richard Dreyfuss, François Truffaut, Teri Garr
Classic sci-fi epic about a disparate group of people who attempt to contact alien intelligence. Following a close encounter, an electrician becomes obsessed with finding the truth behind what he saw, to the expense of his job, home and family. His quest leads him to a huge government operation. *1977, 132 mins*
10.30
The People Vs. Larry Flynt
Biopic following the chequered career of Larry Flynt, the US porn baron. Busted for obscenity, contempt of court and libel, his only support is his wife and his lawyer who abhors his business. Text *1996, 124 mins*
12.40am Vampyros Lesbos
Soldad Miranda, Dennis Price
Cult erotic horror. *1970, 86 mins*
2.10 Gay Shorts
3.15 The Hamster Factor and Other Tales of 12 Monkeys
Documentary. *1996, 87mins*
4.45 Domino
5.15-6.00am Short Films



The premiere of 'Babe: Pig in the City' has Babe team up with James Cromwell again. Sky Premier 7.00pm

Find your favourite TV shows in seconds: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00 To Sir, with Love II
Sidney Poitier, Fernando Lopez, Daniel J Travanti, Lulu
Classic drama sequel. The teacher leaves the inner city slums of East London for a equally poverty-sricken area in Chicago. Returning there to retire, he discovers a fresh challenge in a deprived school nearby crying out for a new teacher. *1996, 105 mins*
9.00pm Charly
Cliff Robertson, Claire Bloom, Lilia Scala, Leon Janney
A retarded man is transformed into a super-brain after a nightschool teacher persuades doctors to make him the subject of experimental neurosurgery. With his newly attained normal life he proposes marriage to his old teacher but his regression has begun. *1968, 115 mins*
11.00 Das Boot – The Director's Cut
Jürgen Prochnow, Herbert Grönemeyer, Klaus Wennemann
Powerful tale of submarine warfare realistically recreating the fear and claustrophobia. *1981, 209 mins*
2.45am True Romance
Christian Slater, Patricia Arquette
Cult road movie.
Widescreen *1993, 113 mins*
5.00-7.00am Passionate Friends
Trevor Howard, Ann Todd
Romantic drama. *1948, 91 mins*

MORNING

6.00 AM

3.00 PM

4.00 PM

5.00 PM

6.00 PM

7.00 PM

8.00 PM

9.00 PM

10.00 PM

11.00 PM

12.00

NIGHT TIME

FRONT ROW

SCREENING WHEN YOU'RE GOOD AND READY

WITH CABLE & WIRELESS

See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
6.00am, 8.20am, 10.40am, 1.00pm, 3.20pm

Channel 51 Evening

THE MUMMY
Rating 12, 120 mins
Adventure. An archaeological dig led by a former legionnaire accidentally awakens a fearsome mummy from his tomb in a lost city. Stars Brendan Fraser, John Hannah and Rachel Weisz.
T/C: Historical action adventure.
BL: Some, mild.
S/N: None.
V: Frequent, moderate, horror.
5.40pm, 8.00pm, 10.20pm, 12.40am, 3.00am

Channel 52

THE BIG HIT
Rating 18, 88 mins
Dark comedy. A group of hitmen take on what they think will be an easy kidnap job – only to find that the target is their boss' godson. Stars Mark Wahlberg and Lou Diamond Phillips.
T/C: Action kidnapping.
BL: Frequent, coarse.
S/N: Infrequent, mild.
V: Frequent, strong.
6.40pm, 8.30pm, 10.20pm, 12.10am, 2.00am, 3.50am

Channel 53

PARTING SHOTS
Rating 12, 95 mins
Comedy. A once-fashionable photographer learns he is dying and decides to take revenge on the people who betrayed him. But first, he needs to get a gun. Stars Chris Rea and John Cleese.
T/C: Black comedy, revenge.
BL: Infrequent, mild.
S/N: Infrequent, mild.
V: Some moderate.
7.00pm, 9.00pm, 11.00pm, 1.00am, 3.00am

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 6.30 Hour of Power 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon 10.00 Pokémon 10.30 The Simpsons Text 11.00 World Wrestling Federation – Metal 12noon World Wrestling Federation – Superstars 1.00pm America's Dumbest Criminals Text 1.30 America's Dumbest Criminals Text 2.00 Beverly Hills, 90210 Text

3.00 Earth: Final Conflict
Scorpion's Dream
Commander William Boone must find the party responsible for stealing a deadly weapon bio-engineered by the Taelons. Text

4.00 Star Trek: Deep Space Nine
The Assignment
A strange entity takes over Keiko's body and orders O'Brien to complete a secret assignment.

5.00 Star Trek
Another science fiction adventure in the long-running series.

6.00 The Simpsons
Burns Verkaufen der Kraftwerk
Homer loses his job. Text

6.30 The Simpsons
Colonel Homer
Marge gets jealous. Text

7.00
3rd Rock from the Sun
The Big Giant Head Returns Again
Sally thinks Alissa is trying to break up with Tommy, and the Big Giant Head visits.

8.00
Buffy the Vampire Slayer
The Puppet Show
Buffy suspects that a ventriloquist's dummy may be harvesting human organs. Text

9.00 The X-Files
Fight Club
The agents cross paths with a pair of doppelgangers whose close proximity leaves a trail of destruction.

10.00 V.I.P.
Valma and Louise
A road trip pits Val and Tasha against a gang of deadly bank robbers. Starring Pamela Anderson Lee.

11.00 Forever Knight
Francesca
Nick and Tracy track down a murderer who is the reincarnation of a seductress vampire Nick knew long ago.

12midnight LAPD
1.00am Stand and Deliver
Jimmy Bright
1.30 Chicago Hope
Right to Life
Hancock comes under fire after he performs an emergency abortion to save a woman's life. Text
2.30-6.00am Long Play
Music through the night.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am The Good Life
6.35 Waiting for God
7.10 Waiting for God
7.45 The Two Ronnies
8.35 Blake's 7
9.40 Dr Who Omnibus
Ghost Light
11.10 Dynasty Omnibus
1.05pm FILM: Herbie Rides Again
Helen Hayes, Ken Berry
Sequel to the *The Love Bug. 1974*
2.50 The Bill Omnibus
Lines goes undercover to convict an upmarket car thief, Garfield and Quinnan have suspicions about a man reported missing by his mother, a 14-year-old tearaway causes headaches for Rawton and Page, and a neighbours' dispute erupts into violence. Sun Hill police drama with Andrew Paul, Kevin Lloyd, Libby Davison, Huw Higginson and Colin Tarrant.

5.20 The Good Life
Suit Yourself
The Goods decide to try making their own clothes.

6.00 Lovejoy
Judgement of Solomon
A fantastic collection of Judaica has mysteriously disappeared from a cottage, and Lovejoy and Gimbert go on its trail. Text

7.05
First of the Summer Wine
The original *Comedy Playhouse* production from which the sitcom developed. Three senior citizens enjoy a second boyhood.

8.00 Birds of a Feather
Christmas in Dreamland
It's Christmas Eve in Chigwell, and Sharon is already full of the Christmas spirit. With Pauline Quirke and Linda Robson.

9.05 dinnerladies
Gravy
Bren cannot stand the new self-clear system.

9.45 dinnerladies
Toast
Bren is coached for her scheduled TV appearance.

10.25 Fifteen Streets
Period drama adapted from Catherine Cookson's best-selling novel. A docker from a family with a bad reputation falls in love with a schoolteacher whose father owns the local shipyard, but what chance do the lovers have in the North East of 1910? Stars Owen Teale, Ian Bannen, Sean Bean and Jane Horrocks.

1.00am dinnerladies
Gravy
1.40 dinnerladies
Toast
2.20 Casualty
3.25 The Brittas Empire
4.00 The Brittas Empire
4.40 Dynasty
5.30-6.00am Angels

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Can't Cook, Won't Cook
7.00 Tiny Living
9.00 Forgive or Forget
9.50 Relationship SOS
10.30 Brookside Omnibus
12.30pm FILM:
The Karen Carpenter Story
Cynthia Gibb, Mitchell Anderson
Biopic of the singer who died at the peak of her career. *1988*
2.20 FILM: Baby Brokers
Cybill Shepherd, Anna Maria Horsford, Jeffrey Nordling
Drama based on a true story about a woman who, in the process of adopting a baby from a surrogate mother, discovers that the mother has already promised the baby to nine others. *1994*

4.20 Maury Povich
A double bill of the compelling and personal talk show dealing with emotional conflicts, hosted by the veteran broadcast journalist.

6.00 Plastic Fantastic
Series about people who choose to undergo plastic surgery.

6.30 Little Miracles
Life on the wards of the Hospital for Sick Children in Toronto.

7.00 Real Romance
Heartwarming tales of first meetings and love.

7.30 Family Confidential
The lives of ordinary people in extraordinary circumstances.

8.00 Judge Judy
Double bill of the show in which outspoken New York City family court judge Judy Sheindlin presides over a series of real-life cases and conflicts.

9.00 Profiler
Suspense thriller series about Dr Sam Waters, a forensic psychologist who understands the criminal mind. With Ally Walker and Robert Davi.

10.00 Jerry Springer
Double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues.

11.45-12midnight
Sex Bites
Erotic entertainment.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Nearest and Dearest 6.30 Nearest and Dearest 7.00 Plus on Plus 7.30 Please Sir 8.00 How's Your Father? 8.30 Supersonic 9.00 The Persuaders 10.00 The Darling Buds of May 11.00 The Rag Trade 11.30 Bless This House 12noon Nearest and Dearest 12.30pm Nearest and Dearest 1.00 Maggie and Her 1.30 Second Thoughts 2.00 Bonanza

3.00 Classic Coronation Street – The Omnibus
Omnibus edition of the week's events in this classic soap set in the most famous street in Britain. Alf and Audrey prepare for their wedding, Sam Tindell's dog seems to have caught a rat in Curly's yard, Emily and Mavis discuss Christmas dinner arrangements for Percy and Phyllis, Vera gets angry with Jack, and Bet has her suspicions about Frank and Gloria. Text

5.30 Bullseye
General knowledge dart quiz programme hosted by Jim Bowen.

6.00
The Darling Buds of May
Stranger at the Gates – Part II
Charley discovers that Pieter is German. With David Jason and Catherine Zeta Jones.

7.00 The Benny Hill Show
In this spring holiday show, love is in the air for Benny, who performs a rendition of the classic opera *Carmen* in his own inimitable style. With Bob Todd.

8.00 In Suspicious Circumstances
Ring of Truth/The Golden Goose
Edward Woodward presents two mysteries linked by identification evidence. With Paul Shelley.

9.00 The Sweeney
Jack or Knave
An armed robbery takes place.

10.00
Tales of the Unexpected
10.30-11.00pm
Tales of the Unexpected

GRANADA MEN & MOTORS
ACTION PACK

11.00pm 2 Wheels
Magazine programme dedicated to motorbikes.

11.30 Kits 'n' Cruising
Show aimed at fans of kit cars, hot-rods and specialist vehicles.

12midnight Ice with Jordan
Motoring series presented by ex-rapper Vanilla Ice and glamour model Jordan, profiling the best exhausts on the market and with a racing feature from Sieghford airstrip.

12.30am Drivetime
Classic Saloon Cars: Action 70s Style
1.30-2.00am Motor Week

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.20 Music Time 6.25 Pooh 6.40 Art Play 6.45 Toons 6.55 Spot 7.05 Bite Size 7.20 Circle Time 7.25 Bear 7.50 Rolie Polie Olie 8.00 Boy Meets World 8.30 Teen Angel 8.55 Art Attack 9.25 Kids' Awards Update 9.30 Sabrina 10.00 Doug 10.30 Pepper Ann 10.55 Kids' Awards Update 11.00 Smart Guy 11.30 Boy Meets World 12noon 100 Deeds for Eddie McDowd 12.30pm Incredible Story Studio 1.00 FILM: Rodgers and Hammerstein's Cinderella *1997*
2.30 Mickey Mouseworks

3.00 101 Dalmatians
More canine capers and daring doggy deeds. Text

3.30 Timon and Pumbaa
Wacky adventures with the crazy pair from *The Lion King*. Text

4.00 FILM: The Rescuers
Voices of Eva Gabor, Bob Newhart, Geraldine Page
When an orphan girl is kidnapped no one seems to care, the Rescue Aid Society comes to her aid. Text *1977*

5.15 Honey, I Shrunk the Kids: The TV Show
Honey, We're Stuck in the 70s
Amy has a crush on her dishy history teacher. Text

6.00 Smart Guy
Strangers on the Net
TJ contacts a bootlegger. Text

6.30 Boy Meets World
Quiz Show
The gang become celebs. Text

7.00
FILM: Father of the Bride
Steve Martin, Diane Keaton
Comedy. A father doesn't want to let his daughter go after 22 years, despite the fact that she plans to get married. It's not long before he is submerged in a sea of nuptial problems exacerbated by an outrageously camp wedding adviser. Text *1991*

8.45 Honey, I Shrunk the Kids: The TV Show
Honey, the House is Trying to Kill Us Text

9.30 Thunderstone
A huge cube of Thunderstone is discovered in a distant valley.

10.00 Home Improvement
Comedy double bill. Text

11.00
Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SUNDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

The Outlaw Josey Wales
Sky Cinema 10.00pm

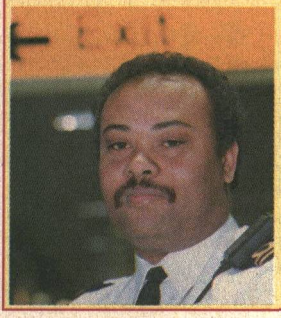
This epic, elegiac Western rates among star-director Clint Eastwood's finest films. He plays a Southern farmer who becomes a revenge-hungry gunfighter after his wife and child are murdered by Unionist thugs. On his travels, he attracts a motley crew of hangers-on.

GENERAL

3rd Rock from the Sun
Sky One 7.00pm

The eight-time Emmy Award-winning sitcom reaches its season climax tonight in a one-hour special entitled *The Big Giant Head Returns Again*. Cult star William Shatner makes another of his popular guest appearances in an episode loaded with hilarious situations.

ADVERTISEMENT UK HORIZONS



AIRPORT WEEKEND
3.00PM

UK Horizons continues its weekend dedicated to the highly successful series of Airport. Today we take an exclusive look at Europe's second busiest airport followed by a Tomorrow's World special that looks at how technology will affect air travel in the future.

Sunday 30 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

MORNING

6.00 AM
7.30am Sailing
8.00 Mountain Bike
8.30 Adventure
9.30 Formula 3000
10.45 Motocross – LIVE
12noon Euro 2000
2.00pm Motocross – LIVE
Action from the 12th round of the 250cc World Championship in Grobbendonk, Belgium.

3.00 PM
3.00 Tennis – LIVE
The final of the ATP Tournament in Kitzbühel.

4.00 PM

5.00 PM

6.00 PM
6.00 Football – LIVE
Coverage of a friendly.

7.00 PM

8.00 PM
8.00 Tennis – LIVE
Action from the final of the WTA Tournament in Stanford, USA.

9.00 PM
9.30 Tennis
Action from the ATP Tournament in Kitzbühel.

10.00 PM
10.00 SportsCentre
10.15 Motocross
World Championship action from Grobbendonk, Belgium.

11.00 PM
11.15 Boxing
International action.

12.00 NIGHT TIME
12.15am-12.30am. SportsCentre

SKY SPORTS 1
PREMIUM CHANNEL

6.00am Aerobics Oz Style
6.30 Euro Tour Golf: TNT Dutch Open and Senior British Open
9.00 Ford International Rugby Union: Tri-Nations – Australia v South Africa
10.30 Motor Racing: NASCAR Busch – Car Quest Auto Parts 250
1.00pm Cricket: National Cricket League – Hampshire v Essex – LIVE
Charles Colvile presents action from the National Cricket League as Hampshire Hawks take on Essex Eagles.
3.45 Extra Cover
A round-up of the latest from the world of cricket.
4.15 Cricket: National Cricket League – Hampshire v Essex – LIVE
5.00 Ford Scottish Football – LIVE
Footballing action from north of the border.
8.30 Motor Racing: NASCAR Busch – Car Quest Auto Parts 250
The latest high octane action from the NASCAR Busch Car Quest Auto Parts 250 as this year's competitors line up at the Gateway International Raceway. Last year Dale Earnhardt started in 18th and finished in first to claim victory for the AC Delco Chevrolet team.
11.00 Ford Scottish Football
Footballing action from north of the border.
12.30am-2.30am Super League
Another instalment of Super League action featuring the best teams from around the country. Eddie Hemmings and Mike Stephenson present highlights from this weekend's matches.

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Watersports World
7.00 Aerobics Oz Style
7.30 European Drag Racing: Santa Pod
8.00 Triathlon Ironman: Europe
9.00 Soccer Extra
12noon Australian Rules Football
2.00pm Speedway: Great Britain Grand Prix
The 2000 Speedway Grand Prix season reaches Great Britain with live action from the Coventry Stadium. Veteran Billy Hamill of the USA has enjoyed a successful campaign so far and is one of the favourites for the championship title. However, he faces pressure from British stars Mark Loram and Chris Louis who are aiming to triumph in front of a capacity crowd.
5.00 Cricket: National Cricket League – Hampshire v Essex – LIVE
Action from the National Cricket League from Southampton. Both sides were relegated to Division Two last season and so a swift return to the First Division is a priority for both this season.
7.00 Table Tennis: US Open
Table tennis action from Fort Lauderdale with this year's US Open, featuring the major stars on the tour.
8.00 Ford USA: John Deere Classic – LIVE
Coverage from the fourth day of this year's John Deere Classic at the TPC at Deere Run in Silvis, Illinois. Last year's tournament belonged to JL Lewis who earned his first victory on the PGA Tour.
11.00 Euro Tour Golf: TNT Dutch Open and Senior British Open
The TNT Dutch Open and Senior British Open conclude on their fourth and final days with coverage from Royal County Down and Noordwijkse respectively.
1.30am-2.30am Table Tennis: US Open
Table tennis action from Fort Lauderdale, featuring the major stars on the tour.

SKY SPORTS 3
PREMIUM CHANNEL

9.30am Ford Golf USA: John Deere Classic
Repeat from Saturday
12.30pm Euro Tour Golf: TNT Dutch Open – LIVE
Final day action from the Noordwijkse Golf Club. England's Lee Westwood made it two wins in a week when he added the Smurfit European Open title to his TNT Dutch Open Championship in 1999. The English star will be hoping that lightning strikes twice as he defends the first of these titles in the Netherlands.
3.30pm Euro Tour Golf: Senior British Open – LIVE
Final day action from the 2000 Senior British Open – one of the showcase events in the European Seniors Tour. Christy O'Connor won last year's event at Royal Portrush but it was the entertaining Englishman Tommy Horton, who finished top of the Order of Merit.
6.00 Powerboating: World Offshore Powerboats – Norway
Action offshore.
6.30 European Drag Racing: Santa Pod
7.00 Super League – LIVE
Eddie Hemmings and Mike Stephenson introduce the action from a key match in Super League V. The teams are now entering the second half of the season and all are casting a wary eye on the play-offs in September. Bradford Bulls, St Helens and Wigan Warriors have set the pace so far.
9.15 Australian Rules Football
Dynamic action from the rough-and-tumble world of the Australian Football League. 16 teams compete from across Australia in a 22-match Premiership season.
11.15 European Drag Racing: Santa Pod
11.45-12midnight Sky Sports Classics: FA Cup Classics – Middlesbrough v Chesterfield

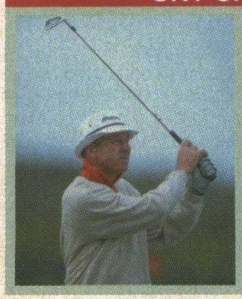
SCI-FI
ACTION PACK

8.00am Destination Space
8.30 Cybernet
9.00 The Incredible Hulk
10.00 Lost in Space
11.00 The Six Million Dollar Man
12noon Mystery Science Theatre 3000
Time Chasers
1.45pm Sci-Focus Special
2.00 FILM: Krull
Ken Marshall, Lysette Anthony, Freddie Jones
Fantasy. A prince sets out on a daring journey to rescue his young bride who is held captive but slayers and alien beings oppose him at every turn. *1983*
4.20 FILM: Bill and Ted's Excellent Adventure
Keanu Reeves, Alex Winter, George Carlin
Comedy. A mysterious stranger takes a couple of air-headed teenagers on a voyage through time. To fulfill their destiny, they must pass a high school history class. *1989*
6.00 Babylon 5
Voices of Authority
There's a new ally in the fight against the Shadows. Sheridan's recent actions are questioned on Earth.
7.00 Babylon 5
Dust to Dust
A PSI-Cop investigates a powerful illegal drug on *Babylon 5*, but Sheridan distrusts his motives.
8.00 PSI Factor: Chronicles of the Paranormal
Gone Fishing
An old friend lures Peter Axon into the wilderness.
9.00 Tekwar
Alter Ego
When a ruthless Teklord is imprisoned, Jake and Sid discover that they must outwit a deadlier foe.
10.00 Fortean TV
Father Lionel Fanthorpe looks at bizarre wonders of the natural world.
10.30 Stranger than Fiction
11.00 Millennium
Millennium
Frank Black uses his unique insight to hunt down a serial murderer on a deadly quest.
12midnight Twin Peaks
1.00am Monster
Scientific experiments backfire and produce amphibious monsters.
2.30 Stranger than Fiction
Monumental Mystery
3.00-4.00am Lost in Space
The Oasis

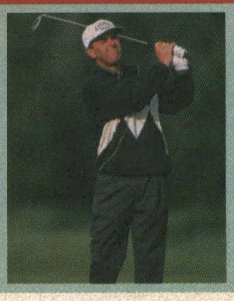
MTV
MUSIC & GAMES PACK

6.00am Select MTV
9.00 Hit List UK
10.00 The Real World – Boston
12noon Weekend Edition
All the latest top stories from the world of showbiz as they break across Europe.
12.30pm Select MTV
Call the special number, pick your favourite video from the on-screen menu and MTV will do the rest. Presented by Richard Blackwood.
3.30 Weekend Edition
The latest showbiz news and gossip from Tinseltown.
4.00 Bytesize MTV: Revenge of the Boybands
All the best boyband soundbites, live performances and videos.
5.00 MTV Live: 5ive
5.30 Ultrasound: Revenge of the Boybands
An in-depth look at the boyband phenomenon.
6.00 All-Time Top 10 Boyband Videos
A chart countdown of the best boybands from around the world.
7.00 Weekend Edition
7.30 Essential Boyzone
The Irish boyband talk about their rise to fame.
8.00 FANatic: Marilyn Manson/5ive
8.30 Making the Video: Oasis
Behind the scenes at the making of *Who Feels Love?*
9.00 Celebrity Death Match
A double bill of the cult claymation series where celebrity stars battle it out in fantasy fights.
10.00 Loveline USA
Another episode of the late night advice show featuring a comedian, a doctor and a studio audience based in LA.
11.00 Bytesize MTV
Highlights and bizarre moments from around the MTV global network, in short soundbites.
12midnight brand:new
1.00am The Lick R&B Chart Show
Trevor Nelson plays some of the top R&B tracks around.
2.00-6.00am Night Videos
A selection of music videos, charts and features to see you through the night.

LIVE EURO TOUR GOLF: SENIOR BRITISH OPEN SKY SPORTS 3 3.30PM



The Senior British Open – the premier event on the European Seniors' Tour, with prize money of £400,000 – enters its final day at the Royal County Down Golf Club in Northern Ireland. Evergreen Englishman Tommy Horton (pictured, left) and Bernard Gallacher (pictured, right) of Scotland will be among those challenging Ireland's Christy O'Connor Jr who won last year's title at Royal Portrush in his first attempt with a three-stroke victory over John Bland.



PLAYBOY TV/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.06 FILM: On the Edge 11.40 Sex Court 12midnight Freeview 12.12am FILM: Hard Driven 1.30 Adult Feature 1.45 FILM: Adult Feature 3.00 Naughty Nellie the Nympho Nurse 3.20-4.00am Dr Anna St John

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am FILM: Snatchers
Erotic drama.
1.00 The Five Minute Freeview 1.05 FILM continues 1.20 FILM: Fantasy Island 2.30 FILM: Infidelity 3.40-4.00am Her Fantasy

Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

Sunday 30 July

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 8.00 Emma 9.00 It's the Weekend 10.00 BTM2: Enrique Iglesias 10.30 VH1 to One: Melanie C 11.00 Behind the Music: Thin Lizzy 12noon Talk Music 12.30pm Greatest Hits: Steps 1.00 BTM2: Enrique Iglesias 1.30 Greatest Hits: Latino 2.00 It's the Weekend

3.00 Behind the Music: Genesis
A look behind the music at the successful and enduring pop rock band.

4.00 Behind the Music: Vanilla Ice
The spotlight turns on the first white rapper who made it to the big time.

5.00 Behind the Music: Gladys Knight and the Pips
Featuring an interview with the woman herself about her life and career to date.

6.00 Behind the Music: Milli Vanilli
Featuring an interview with the surviving member of the pop duo about the truth behind the headlines.

7.00 The VH1 Album Chart Show
Paul King presents the latest rundown of the best-selling albums of the week in the UK.

8.00 It's the Weekend with Jules and Gideon
Julia Carling and Gideon Coe present all the usual features and competitions.

9.00 Behind the Music: Andy Gibb
A look behind the music at the life of the star who found fame and success only to die at the age of 30.

10.00 Behind the Music: Oasis
The spotlight turns on the band from Manchester who put British guitar bands back on the map.

11.00 Behind the Music: Madonna
Featuring a comprehensive exploration of every phase of the megastar's 15-year career.

12.30am Greatest Hits: Pet Shop Boys 1.00 BTM2: The Dixie Chicks
NEW A look at the rise of first country band to top the pop charts.
1.30 VH1 Soul Vibration 2.00-6.00am VH1 Late Shift

ANIMAL PLANET
WORLD PACK

12noon Croc Files 12.30pm Croc Files 1.00 Emergency Vets 1.30 Emergency Vets
Trouble and life at the animal ER in Denver.
2.00 Vets on the Wildside 2.30 Vets on the Wildside
Series about the problems faced by vets caring for South Africa and Zimbabwe's diverse wildlife species.

3.00 Wild Rescues
Incredible tales of people saving animals – and animals saving people.
3.30 Wild Rescues
More incredible tales.

4.00 Call of the Wild
Drama series based on Jack London's novel about the trials and adventures of a dog in the wilderness of northern America.

5.00 Monkey Business
A new house is built for an eccentric chimp.
5.30 Monkey Business

6.00 Animal Legends
True stories of rescues, journeys and legends of strange animals.
6.30 Animal Legends
More animal tales.

7.00 Wildlife Police
A surveillance expert reveals how video footage caught a salmon poacher.
7.30 Wildlife Police
With Anna Walker.

8.00 Wild Rescues
Incredible tales of people saving animals – and animals saving people.
8.30 Wild Rescues
More incredible tales.

9.00 The Last Paradises
Canaries – Lucky Islands
9.30 The Last Paradises
The Amazon

10.00 Game Park
Animal Farm
A look at the money to be made from selling animals to zoos and game parks all over the world.

11.00-12midnight Untamed Africa
The Great Migration
A look at an incredible migration – one of the greatest shows on earth.

CABLE CHECK
Some of the channels listed may not be available in your area

ITV2
ACCESS PACK

9.25am Sunset Beach Omnibus
Another chance to see last week's episodes.
1.10pm Home and Away
Four back-to-back episodes.

3.10 Emmerdale Omnibus
Last week's episodes.

4.35 Coronation Street Omnibus
A chance to catch last week's episodes. Text

6.30 Heartbeat
Always a Copper
Greengrass rewrites local history in a bid to turn Aidensfield into a tourist mecca. Text
7.30 CD:UK
Music chart show with the latest acts performing live in the studio.

8.00 The Planet's Funniest Animals
Humorous video clips of pets and other animals.
8.30 Trevor McDonald Meets...

9.00 Supply and Demand
Raw Recruit
Five new recruits are assigned to the unit to investigate a drugs case.

10.00 Coronation Street
A chance to catch tonight's episode from ITV. Text
10.30 Rough Treatment
Conclusion of a two-part drama about the ambitious young daughter of an ex-army officer who is determined to follow in her father's footsteps.
12midnight A Week on the Wild Side
Female Wrestler
Series which looks at seemingly ordinary people and their extraordinary lives.
1.00-2.00am Trisha
More heartwarming and hair-raising true stories. Text

UK STYLE
LIFESTYLE PACK

7.00am Can't Cook, Won't Cook 7.30 Ready, Steady, Cook 8.00 House Invaders 8.30 The House Doctor 9.00 All the Right Moves 9.30 Antiques Treasure Trail 10.00 Holiday in Style 11.00 Holiday Swaps 11.30 Spa Trek 12noon Spa Trek 12.30pm Your Money or Your Life 1.00 Looking Good 1.30 Delia Smith's Summer Collection 2.00 Delia's How to Cook 2.30 Gary Rhodes

3.00 Fresh Food
Explore the universal passion for food with chef Rick Stein.
3.30 Two Fat Ladies
The Air Race

4.00 Can't Cook, Won't Cook
Cookery challenge.
4.30 Ready, Steady, Cook
Cookery show.

5.00 House Invaders
Home improvement series.
5.30 The House Doctor
Home improvement series, with Ann Maurice.

6.00 All the Right Moves
Quentin Willson talks consumer property.
6.30 Antiques Treasure Trail

7.00 Holiday in Style
Popular holiday programme featuring reports from Lanzarote, the Gambia, Hawaii, Costa de la Luz and Longleat.

8.00 Holiday Swaps
Holidaymakers swap their pre-booked breaks.
8.30 Spa Trek
Venezuela – La Samanna Resort

9.00 Spa Trek
9.30 Your Money or Your Life
New York finance expert Alvin Hall offers people pecuniary advice.

10.00 Looking Good
Fashion and beauty series for women.
10.30 Delia Smith's Summer Collection
A Prelude to Summer

11.00 Delia's How to Cook
11.30 Delia Smith's Summer Collection
The Summer Kitchen Garden
12midnight Fresh Food
Rick Stein presents a series exploring the universal passion for food.
12.30am-1.00am Two Fat Ladies
The Air Race
With Jennifer Paterson and Clarissa Dickson Wright.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Wolf: A Wildlife Special 8.00 East Africa: Land of Blood and Fire 9.00 Himalaya 10.00 War Walks 10.30 Civil War 12noon Top Gear GTi 1.00pm Clarkson's Extreme Machines 1.30 Clarkson's Extreme Machines 2.00 Himalaya

3.00 Airport
Journalist Steve Mellor is hot on the heels of Nick Leeson who is returning from Singapore. Text
3.30 Airport Text

4.00 Frankfurt Airport
Documentary series which looks behind the scenes at Europe's second busiest airport. Text

5.00-7.30 Airport
5.00 Behind the scenes at Heathrow airport. Text
5.30 Paramedics fight to save the life of a passenger. Text
6.00 The resident press await the homecoming of boxing champion Lennox Lewis. Text
6.30 Suspicions arise at immigration. Text
7.00 Stuart King discovers two drugged cats. Text
7.30 Tomorrow's Airport
NEW How technology will change future air travel.

8.00-10.30 Airport
8.00 The resident press officers rub shoulders with Kate Winslet. Text
8.30 Preparations are made for a VIP. Text
9.00 The customer services manager faces a life-or-death situation. Text
9.30 The fire service is on full alert as a plane runs into difficulties. Text
10.00 The fire officer is forced to order an evacuation. Text
10.30 Immigration officer Eric Day is curious about a passenger. Text

11.00 Back to the Floor
Down to Earth Text
11.30-1.00am Airport
More from the documentary series. Text

UK PLAY:
1.00am Flatmates 1.30 Pick 'n' Mix 2.00 DJ Anthems 2.30 Soundtrack 3.00 Soundtrack 3.30 Bally Dung Radio 4.00 Bally Dung Radio 4.30 Fool's Gold 4.45 Fool's Gold 5.00 Chris Moyles 5.30 The Sound of Play 6.30-7.00am The Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Food Factory 7.30 Kitchen College 8.00 Network Daily 8.45 Quick Cooks 9.00 Ross on the Range 9.30 Costa del Nosh 10.00 Food from the Village 10.30 Cocktail Challenge 11.00 An Umbrian Kitchen 11.30 Three Chefs in the Cape 12noon Ross's Barbecue Party 12.30pm Picture This 1.00 Coxon's Kitchen College 1.30 Spice World 2.00 Food Network Daily 2.45 Quick Cooks

3.00 Ross on the Range
Ross explores Santa Fe and visits a shooting range.
3.30 Costa del Nosh
With Mick and Nick Nosh.

4.00 Cocktail Challenge
With Paul Coia.
4.30 Ross's Barbecue Party

5.00 An Umbrian Kitchen
5.30 Three Chefs in the Cape
6.00 Coxon's Kitchen College
6.30-7.00pm Peter Gordon's Pacific Food

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm The Beachmasters: The Elephant Seals of Patagonia
Follow the lives three male elephant seals.

8.00 Taputapua: Sharks of Polynesia
Two deadly predators – man and shark – vie for supremacy in the waters of this tropical paradise.

9.00 Hope for the Tropics
Explore Costa Rica's visionary conservationist policies that aim to save their tropical rainforest.

10.00 Legends of the Bushmen
How a connection with their harsh surroundings helps the Namibian bushmen to survive.

11.00 Turtles and Turtoises
How organisations around the world help to protect these creatures through their hatching process.
12midnight Vietnam: Wildlife for Sale
The threat to wildlife posed by medical research industries.
12.30am-1.00am Vietnam's Great Ape
The hunt for a giant primate.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Strike it Lucky 5.30 Sale of the Century 6.00 100% 6.30 Family Fortunes 7.00 Beadle's About 7.30 Winner Takes All
Hosted by Bobby Davro.
8.00 Stars in Their Eyes 8.30 Candid Camera 9.00 Whittle 9.30 Strike it Lucky
With Michael Barrymore.
10.00 Endurance UK 10.30 Family Fortunes 11.00 Gladiators 12midnight Beadle's About
Hidden camera pranks.
12.30am Stars in Their Eyes 1.00 Candid Camera 1.30 Absolute Cobblers 2.00 Karaoke Challenge 2.30 3-2-1 3.30 The Krypton Factor 4.00 Say the Word 4.30 Move on Up 5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Set in Stone 6.30 The Diceman 7.00 Screaming Reels 7.30 Hooked on Fishing with Paul Young 8.00 How to with B & Q 8.05 A Car is Born 8.35 Our House Down Under 9.05 This Old House with Steve and Norm 9.35 This Old House with Steve and Norm 10.05 How to with B & Q 10.10 Total Fishing with Matt Hayes 10.40 Fishing Australia 11.10 Rex Hunt Fishing Adventures 11.40 Wood Wizard 12.10pm How to with B & Q 12.15 The House Doctor 12.45 The House Doctor 1.15 Home Again with Bob Vila 1.45 The New Yankee Workshop 2.15 How to with B & Q 2.20 Village Green 2.50 Time Team 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am Chilli Factor 10.30 That Film Show 11.00 Trainspotters 99 12noon Hip-Hop Special 12.30pm Boardstupid 1.00 buzz:tracks 2.00 e-trippers
Interactive travelogue.
2.30 Fearless 3.00 Trainspotters 99 4.00 Ibiza 2000 4.30 Chilli Factor 5.00-6.00pm Newquay Surf 2000

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV 7.00 LLTV – Local Life 7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase 8.30 What's On TV 9.00-9.30pm LLTV – Local Life

Sunday 30 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am-9.00pm
The Flintstones Weekend
A weekend of programming dedicated to the Bedrock boys and their families.

NICKELODEON
FAMILY PACK

7.00am The Three Friends... and Jerry 7.30 The Three Friends... and Jerry 8.00 Kenan and Kel 8.30 Kenan and Kel 9.00 Rugrats 9.30 Rugrats 10.00 Hey Arnold! 10.30 Hey Arnold! 11.00 CatDog 11.30 CatDog 12noon Angry Beavers 12.30pm Angry Beavers 1.00 Rocko's Modern Life 1.30 Rocko's Modern Life 2.00 Renford Rejects 2.30 Renford Rejects

3.00 The Secret World of Alex Mack
The further adventures of a girl with special powers.
3.30 The Secret World of Alex Mack
4.00 Sister Sister
Twice the comedy and double the fun.
4.30 Sister Sister
More fun with the twins Tia and Tamera.
5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

FOX KIDS
FAMILY PACK

6.00am Oggy 6.10 Bad Dog 6.30 Bobby's World 6.55 Jim Button 7.15 Walter Melon 7.40 Inspector Gadget 8.00 Oggy 8.10 Biker Mice 8.30 Dennis and Gnasher 8.55 Sailor Moon 9.15 Sailor Moon 9.40 Digimon 10.00 Power Rangers Lost Galaxy 10.20 Monster Rancher 10.45 Masked Rider 11.05 X-Men 11.30 Spy Dogs 11.50 Ace Ventura 12.15 Walter Melon 12.35 Inspector Gadget 1.00pm Woody 1.10 Casper 1.30 Donkey Kong 1.55 Dennis and Gnasher 2.20 Life with Louie 2.40 Princess Sissi

3.00 Princess Starla and the Jewel Riders
3.20 Sailor Moon
Cult Japanese animation.
3.45 Mighty Morphin' Power Rangers
Live-action adventures.
4.05 Mighty Morphin' Power Rangers
4.30 Digimon
4.50 Masked Rider
Another adventure for the teenage alien superhero.
5.15 Monster Rancher
Fun with Genki and Holly.
5.35 Biker Mice from Mars
6.00 The New Addams Family
6.25 Casper
6.35-7.00pm Goosebumps

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.00 News 9.30 World News 10.00 News 10.30 Reporters 11.00 News 11.10 Dateline London 12noon News 12.30pm Talking Movies 1.00 News 2.30 Australia 3.00 News 3.30 Euro Brief 4.00 News 4.30 Straight Talk 5.00 News 7.30 Sportsday 8.00 News 10.30 London 11.00 News 11.30 Reporters 12midnight News 12.30am Australia 1.00 News 2.30 Agenda 3.00 News 3.30 London 4.00 News 4.45 Asia Today 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News plus: 5.00am News 5.30 CNNdotCOM 6.30 World Business 7.30 Inside Europe 8.30 World Sport 9.30 World Beat 10.30 Sport 11.30 Hotspots 12.30pm Diplomatic License 1.00 World Report 2.30 Inside Africa 3.30 Sport 4.30 Showbiz 5.00 Late 6.30 Business Unusual 7.30 Europe 8.30 Artclub 9.30 CNNdotCOM 10.30 Sport 11.00 WorldView 11.30 Style 12midnight View 12.30am Science & Tech 1.00 View 1.30 Asian 1.45 Asia 2.00 CNN & TIME 3.30 Artclub 4.30-5.00am Pinnacle

SKY NEWS
NEWS & SPORT PACK

News on the hour plus: 6.00am Sunrise 9.30 Week in Review 10.00 Sunday with Adam Boulton 11.30 The Book Show 12noon Sky News Today 1.30pm Media Monthly 2.00 News Today 2.30 Showbiz Weekly 3.30 Technofile 4.30 Sunday with Adam Boulton 5.00 Live at Five 7.30 Sportsline 8.30 The Book Show 9.30 Showbiz Weekly 10.00 News at Ten 12.30am CBS Evening News 1.30 Adam Boulton 2.30 Fashion TV 3.30 The Book Show 4.30 Media Monthly 5.30-6.00am CBS Evening News

INTERNATIONAL

SAT1 6.00am FILM 7.00 Weck Up 8.00 Die Wochenshow 9.00 Alf 9.30 Hausmeister Krause 10.00 Zweizum Verlieben 11.00 Baywatch Hawaii 12noon V.I.P. 1.00pm MacGyver 2.05 Air America 3.05 Clueless 3.35 Sabrina 4.05 Dawson's Creek 5.00 Blitz 5.45 Die Barilla 6.00 Nur die Liebe Zählt 7.15 FILM 9.50 Planetopia 10.40 News & Stories 11.30 So Gesehen 11.35-12.35am MacGyver

TV5 5.00am Journal Télévisé 5.15 Journal des Journaux 6.00 Infos 6.05 Les Zaps 6.30 Les Zaps 7.00 Journal Télévisé 7.30 Les Zaps 8.00 Infos 8.05 Découverte CTQC 8.30 Les Carnets du Bourlingueur 9.00 Journal Télévisé 9.15 La Fête des Bébés 9.30 Va Savoir 10.00 Infos 10.05 Thalassa 11.00 Infos 11.05 Grands Gourmands 11.30 Journal Télévisé 12noon Infos 12.05pm Geopolis: Le Partage de l'Eau 1.00 Journal Télévisé 1.15 Théatre: Le Barbier de Seville 3.00 Journal

3.15 Questions 3.30 Gros Plan 4.00 Union Libre 5.00 Journal 5.15 Nature des Champions 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Faut Pas Rêver 9.00 Journal 9.15 Fiction Unitaire: L'Alambic 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Sant Darshan 8.30 Swami 9.30 In Search of Peace 10.00 Holy Quran 10.30 Jai Veer Hanuman 11.30 Interactive Health Show 12.30pm Pakistan This Week 1.00 Khiladi 1.30 FILM 4.00 MTV 4.45 MTV Hitlist 5.45 Sahil Se Dur 6.30 Aur Aap 7.00 Close Up Encounters 7.30 MTV 8.00 Wilaytee Babu 8.30 FILM 11.30 Toofan TV 12midnight MTV 12.30am Aur Aap 1.00 FILM 4.00 Wilaytee Babu 4.30 Sahil Se Dur 5.30 Geet Baney Sangeet 6.00 Khiladi 6.30 DD Programme 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Kya Scene Hai 6.30 Shabads 6.45 Holy Quran 7.00 Faith: Sikhism 7.30 News 8.00 Karobari Duniya 8.30 Best of India 9.00 Ru Ba Ru 9.30 Out and About 10.00 Mahabharat 11.00 Bodymatters 11.30 Zee in Europe 12noon FILM 3.00pm Sa Re Ga Ma Classic 4.00 Zee and You 4.30 Urdu Drama 5.00 Ibrat 5.30 Super 7 Muqabla 6.00 A Day Out with a Star 6.30 Yeh Hain Mere Apne 7.00 Pride Antakshari 7.30 Basera 8.00 News 8.30 FILM 11.30 Agni Chakra 12midnight News 12.30am FILM 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00 Mama Miya 5.30-6.00am Sa Re Ga Na

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Ballads 5.30 Life is for Living 6.00 Life in the Word 6.30 Voice to Nations 7.00 Changing Your World 7.30 CMTV 8.00 In Touch 9.00 Living 9.30 A Word 10.00 Best of the Dream 10.30-11.00am Origins

BLOOMBERG
WORLD PACK

2.00am Market Movers 3.15 European Weekly Review 4.30 Market Movers 5.15 Bloomberg Money 5.54-6.00am Bloomberg Help Desk

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 11.00 Straight Talk 11.30 European Focus 12noon America This Week 3.00pm Holyrood 3.30-12midnight House of Lords

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM
4.00pm Wings
Instant Thunder
A profile of the massive B-52 bomber, which was built to deliver NATO's nuclear deterrent.

5.00 PM
5.00
Russian Roulette
Shocking revelations expose the flaws in Russia's early warning defence systems.

6.00 PM
6.00
Extreme Contact
Taming the Great Hammerhead
6.30 O'Shea's Big Adventure

7.00 PM
7.00
The Knights Templar
Frontier
7.30
The Knights Templar
Legend

8.00 PM
8.00 Inside the Channel Tunnel
A profile of the undersea tunnel which links the UK with mainland Europe between Dover and Calais.

9.00 PM
9.00 The London Underground
People moan about its many imperfections, but the London Underground was a pioneer in its time.

10.00 PM
10.00 Jumbo Jet
Documentary showing the work of a modern Boeing 747 airliner, from its design and construction, and on to its maiden flight.

11.00 PM
11.00
Medical Detectives
Broken Bond
11.30
Medical Detectives
'Til Death Do Us Part

12.00 NIGHT TIME
12midnight Planet Ocean
The Stream in the Water
Investigating the huge underwater current that circulates on the sea bed in a 2000-year cycle, and looks at its influence on climate.
1.00am-2.00am Seawings
The Etendard

TCM
FAMILY PACK

9.00pm
FILM: Superfly
Ron O'Neal, Carl Lee
Action drama about a Harlem drug dealer seeking to make one last killing before retiring to a better life. *1972*

11.00-1.00am
FILM: Hit Man
Pamela Grier, Sam Laws
An all-black remake of the classic *Get Carter*. *1972*

CARTOON NETWORK:
1.00am-5.00am
The Flintstones Weekend
More from Fred, Barney and the rest of the gang.

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm
Grace Under Fire
7.30 King Of Queens
US sitcom.
8.00 Cheers
Grease
Norm learns his favourite restaurant is closing down.
8.30 Just Shoot Me
The Emperor
9.00 Frasier
Room Service
Lilith comes to Seattle after her husband leaves her.
9.30 Frasier
Beware of Greeks
10.00 FILM:
The Woman In Red
Gene Wilder, Charles Grodin, Kelly LeBrock
An advertising executive falls in love with a woman on an advertising billboard and takes huge risks in order to win her heart. *1984*
11.45 Tavare Time.
Stand-up comedy.

12.05am Clive Anderson Talks Back 12.45 Still In Bed With MeDinner 1.15 Duckman 1.40 Rex The Runt 1.50 Rex tye Runt 2.00 Hitz 2.30 Encore Encore! 3.00 It's Garry Shandling's Show 3.30-4.00am Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection 7.00 Home Shop! 8.00 Sports Shop!
Cycles and accessories for the whole family.
8.30 Technology Shop! 9.30 Home Shop! 10.30 Home Shop! 11.30 Shop! Outlet 12.30pm Shop! Selection
Another round-up of the best-selling items.
1.30 Shop! Special 2.30 Entertainment Shop! 3.30 Jewellery Shop! 4.30 Holiday Shop! 5.30 Shop! Selection 6.30 Home Shop! 7.00-7.30pm Kitchen Shop!

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *News Hour* at 6.00am followed by children's shows.
Saturdays: Children's programming and a round-up of the week's news in *The Review*.
Sundays: Highlights include a *Pokémon* triple bill and *The Review*.

THE HISTORY CHANNEL
WORLD PACK

12noon The Korean War
Retreat from Hell
1.00pm Biography
Andy Warhol
Profile of the pop artist.
2.00 Century
Into the Unknown
3.00
TheSearch for Shangri-La
4.00 Warhorse
The Iron Horse
5.00 Line of Fire
The Kaiser's Battle – 1918

6.00
Rome – The Great Empire
The Republic of Rome
7.00 Tomb of the Terracotta Warriors
8.00 The Boer War
Trace the history of the costly conflict which saw the advent of modern guerilla tactics.
9.30-10.00pm
Giants of the Century
A look at some of the key figures of the 20th century.

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlights are DIY with Harry Greene at 10.00am and Car Care at 6.00pm.

VERTBAUDET

The Autumn-Winter Collection

Brand new and full of fun!

- FREE 212-page Collection
- Affordable French styles for ages 0-12
- Flattering, stylish maternity wear
- Travel and nursery essentials
- Toys designed to help children learn
- Doorstep delivery and FREE returns

For your FREE Catalogue call

0500 012345

8am - 11pm
7 days a week

Please send me a **FREE** copy of the 212-page VERTBAUDET Autumn-Winter 2000-2001 Collection.

Post to: VERTBAUDET, P.O. BOX 125, Bradford BD99 4YG or call **0500 012345** FREE!

(Block capitals please) I am over 18.

Mr/Mrs/Miss/Ms Initial Surname

Address

Postcode VHK 016

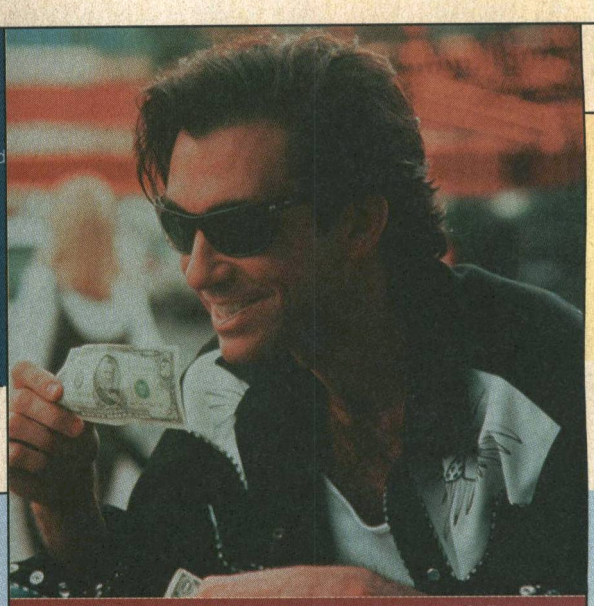
We search the files of credit reference agencies who record the search. We will use your information for our marketing.

We reserve the right to refuse applications. All applicants must be 18 years of age or over.

Monday 31 July

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format



When 'Destiny Turns On the Radio', Dylan McDermott finds just the right note. Carlton Cinema 3.15am

SKY PREMIER
PREMIUM CHANNEL

MORNING

6.00am The Tin Soldier
1995, rating Sky PG, 99 mins
7.45 Who Gets the Friends?
1988, rating Sky PG, 90 mins
9.20 Paws
1998, rating Sky PG, 81 mins
10.55 Beethoven
1991, rating Sky U, 84 mins
12.40pm Who Gets the Friends?
Jill Clayburgh, James Farentino
1988, rating Sky PG, 90 mins
2.15 The Journey of Natty Gann
Meredith Salenger, John Cusack, Scatman Crothers, Ray Wise
Family adventure. A feisty young girl living during the Depression goes in search of her father some 2,000 miles away. *1985, rating Sky PG, 97 mins*

4.00 Paws
Voice of Billy Connolly, Nathan Cavaleri, Emilie Francois
Family adventure. A dog is fitted with a bark-translator that makes him capable of human speech. Joining up with a troubled teen, who also happens to be an expert with computers, the dog and his pal set off on a modern-day search for buried treasure. *1998, rating Sky PG, 81 mins*

6.00 Beethoven
Charles Grodin, Bonnie Hunt, Dean Jones, Oliver Platt
Family comedy about a loveable St Bernard who is found by an all-American family and is promptly adopted. But soon the dog not only balloons in size and weight, but is targeted by an animal thief who threatens to whisk the family pet away. *1991, rating Sky U, 84 mins*

8.00 Breakdown
Kurt Russell, JT Walsh, Kathleen Quinlan, MC Gainey
Thriller. After a man's car breaks down in the desert and his wife accepts a ride from a trucker to get help, he discovers that she has vanished. Setting out to find her, he attempts to catch up with the trucker and is drawn into the strange events in the desert. **Text** *1997, rating Sky 15, 89 mins*

10.00 The X-Files
David Duchovny, Gillian Anderson, Mitch Pileggi
Blockbusting movie based on the sci-fi series. The two FBI agents are closer than they have ever been to proving the existence of extra-terrestrial life, but as usual there are forces out there determined to stop them from knowing the truth. **Text** *1998, rating Sky 15, 117 mins*

NIGHT TIME

12midnight
The Object of My Affection
Jennifer Aniston, Paul Rudd
Text *1998, rating Sky 15, 107 mins*
1.55 What Rats Won't Do
Natascha McElhone, James Frain
Text *1998, rating Sky 15, 83 mins*
3.25 Inventing the Abbotts
Text *1997, rating Sky 15, 103 mins*
5.15-6.00am Femmes Fatales

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am In Your Wildest Dreams
1993, rating Sky U, 84 mins
8.00 Running Brave
Robby Benson, Graham Greene
1983, rating Sky PG, DS, 102 mins
10.00 Perfect Body
Amy Jo Johnson, Brett Cullen
1997, rating Sky PG, 85 mins
12noon Two of Hearts
Gail O'Grady, Rob Stewart,
1999, rating Sky PG, DS, 91 mins
2.00pm Split Infinity
Trevor Black, Melora Slover
Children's adventure. A young girl travels back in time to the American Depression in an attempt to prevent the death of her grandfather's wife. *1992, rating Sky U, 86 mins*

4.00 Perfect Body
Amy Jo Johnson, Brett Cullen, Cathy Rigby, Wendie Malick
Drama. A gymnast with Olympic potential leads an idyllic teenage life and resolves to do everything she can to make the Olympic grade. However, her obsession with being seen as perfect and her growing problem with bulimia threatens to destroy her life. *1997, rating Sky PG, 85 mins*

6.00 Prefontaine
Jared Leto, R Lee Ermey, Ed O'Neill, Lindsay Crouse
An account of the life of Olympic athlete Steve Prefontaine. In high school, the young Prefontaine took up running after failing to make it as a football star, but his determination to succeed took him all the way to the top before a car crash took his life. *1997, rating Sky PG, 102 mins*

8.00 I Married a Monster
Richard Burgi, Susan Walters, Tim Ryan, Barbara Niven
Sci-fi thriller remake of the 1958 movie *I Married A Monster from Outer Space*. A husband becomes possessed by an evil space alien. **Text** *1998, rating Sky 12, 86 mins*

9.30 Rounders
Matt Damon, Edward Norton, John Turturro, John Malkovich
Drama. A law student vows never to gamble again after he he loses his tuition money and all his savings in a high-stakes poker game. But when his friend, a card shark, is released from prison, the student is soon back at the gaming table. **Text** *1998, rating Sky 15, 116 mins*

11.30 Indiscreet
Luke Perry, Richard Rosenberg
Thriller. A man is hired by a rich client to dig up dirt on the wife whom he wants to divorce. *1998, rating Sky 15, 96 mins*
1.10am Let it Be Me
1995, rating Sky 12, DS, 92 mins
2.45 Atomic Dog
1998, rating Sky PG, 83 mins
4.15-6.00am Two of Hearts
1999, rating Sky PG, DS, 91 mins

SKY CINEMA
PREMIUM CHANNEL

4.00pm Kaleidoscope
Warren Beatty, Susannah York, Eric Porter, Clive Revill
Comedy. A crooked American playboy is blackmailed by a Scotland Yard inspector into nailing a high-level international drug dealer or being sent to jail – and matters become even more convoluted when the policeman's daughter is kidnapped. *1966, rating Sky PG, 98 mins*

6.00 John Wayne, American Legend
Documentary profile of the popular actor nicknamed 'Duke', including clips from some of the best and most memorable movies from a long Hollywood career that included such classics as *Stagecoach*, *The Quiet Man*, *The Shootist*, *True Grit* and *The Searchers*. *1998, rating Sky PG, 90 mins*

8.00 The Searchers
John Wayne, Natalie Wood, Vera Miles, Jeffrey Hunter
Classic Western. An embittered former Confederate soldier is joined by his young nephew as he sets out on a difficult but determined mission to trace his beloved niece, who was kidnapped by an Indian raiding party several years before. *1956, rating Sky PG, 114 mins*

10.00 Risky Business
Tom Cruise, Rebecca De Mornay, Curtis Armstrong
Comedy. A bright, enterprising teenage boy becomes involved with a prostitute when his parents go on holiday, turning his house into a brothel for a night and almost jeopardising his ambitious plans for the future. *1983, rating Sky 18, DS, 95 mins*

11.40 Black Sunday
Robert Shaw, Bruce Dern
Thriller about a terrorist plot to blow up a sports stadium. *1977, rating Sky 15, 137 mins*

2.05am
Sherlock Holmes in New York
1976, rating Sky U, 95 mins
3.45-6.00am The Searchers
1956, rating Sky PG, 114 mins

FILMFOUR
ADD-ON CHANNEL

6.00pm Nightmare Alley
Tyrone Power, Joan Blondell, Coleen Gray, Helen Walker
Horror drama. An unscrupulous fairground barker connives his way to success as a fake mind-reader and medium. But he is exposed as a fraud after using his wife to impersonate a millionaire's dead daughter, and ends his days as a grotesque circus freak. *1947, 106 mins*

8.00 Trees Lounge
Steve Buscemi, Chloë Sevigny, Anthony LaPaglia, Mark Boone Jr
Offbeat comedy drama centring on the chaotic life of a Long Island slacker. Having lost his job and been left by his girlfriend, he has taken to spending a good deal of his time in an alcoholic haze at the neighbourhood bar. **Widescreen Text** *1996, 91 mins*

9.35 Fridge

10.00 My Name is Joe
Peter Mullan, Louise Goodall, David McKay, David Hayman
Gritty romantic drama set in Glasgow. A recovering alcoholic turned amateur soccer player falls for a community health worker. However, their relationship is soon jeopardised by its context of urban deprivation. *1997, 101 mins*

11.40 Chocolat
Cécille Ducasse, Isaach de Bankolé
French drama. The daughter of a district commissioner in French Cameroon forms a friendship with the houseboy. *1988, 105 mins*

1.40am Looks and Smiles
Tony Pitts, Graham Green
Drama about a pair of school friends in Sheffield. *1981, 104 mins*

3.30-6.00am Night on Earth
Offbeat drama. *1991, 123 mins*

Create your own personal TV diary: www.cableguide.co.uk

CARLTON CINEMA
LIFESTYLE PACK

7.00pm Every Girl Should Be Married
Cary Grant, Betsy Drake, Franchot Tone, Diana Lynn
Romantic comedy about a shop assistant who is determined to find the perfect husband. When she meets a handsome doctor, she is convinced that she has found her man, and immediately sets out to get him down the aisle – at any cost. *1948, 85 mins*

9.00 Death Rides a Horse
Lee Van Cleef, John Phillip Law, Luigi Pistilli, Anthony Dawson
Spaghetti Western. A young boy witnesses the murder of his family. Fifteen years later, he sets about obtaining his revenge by tracking down the four men responsible, unaware that his travelling companion, an ex-con, is actually one of the culprits. *1969, 114 mins*

11.00 Norma Rae
Sally Field, Beau Bridges, Ron Leibman, Pat Hingle
Drama. A textile worker joins a labour organiser's attempt to unionise the mill at which she is employed. *1979, 110 mins*

1.00am Midnight Express
Brad Davis, John Hurt
Prison drama. *1978, 120 mins*

3.15 Destiny Turns on the Radio
Dylan McDermott, James LeGros
Comedy thriller. *1995, 100 mins*

5.15-7.00am The Tall T
Randolph Scott, Richard Boone
Western. *1957, 78 mins*

FRONT ROW
SCREENING WHEN YOU'RE GOOD AND READY
WITH CABLE & WIRELESS
See channel 50 or your Front Row spread on pages 16, 17 for further details.

KEY TO FILM CONTENT
T/C: Theme/Content
BL: Bad Language
S/N: Sex/Nudity
V: Violence

Channel 51 Matinee

JACK FROST
Rating PG, 98 mins
Drama. A man gives his son a harmonica which he says he will always be able to hear. When the man dies, the boys decides to play the instrument. Stars Michael Keaton and Kelly Preston.
T/C: Fantasy, children.
BL: Occasional, moderate.
S/N: Occasional, mild references. V: None
5.00am, 7.00am, 9.00am, 11.00am, 1.00pm

Channel 51 Evening

NOTTING HILL
Rating 15, 119 mins
Romantic comedy. The world's most famous actress meets and subsequently falls for a struggling bookseller in West London. Stars Hugh Grant, Julia Roberts and Rhys Ifans.
T/C: Romantic comedy.
BL: Infrequent, strong.
S/N: Some comic references.
V: None.
3.30pm, 5.45pm, 8.00pm, 10.15pm, 12.30am, 2.45am

Channel 52

CRUEL INTENTIONS
Rating 15, 94 mins
Drama. A girl challenges her stepbrother to seduce a headmaster's virginal daughter. Stars Sarah Michelle Gellar, Reece Witherspoon and Ryan Phillippe.
T/C: Drama, sexual relationships.
BL: Occasional, strong.
S/N: Some moderate, strong references.
V: Once, mild.
6.30pm, 8.30pm, 10.30pm, 12.30am, 2.30am

Channel 53

THE WATERBOY
Rating 12, 87 mins
Comedy. A student takes a job as a janitor and is mocked by his fellows as a result. But, when he tackles the bullies, he finds that dreams can come true. Stars Adam Sandler and Henry Winkler.
T/C: Comedy, American football.
BL: Once strong, some mild.
S/N: Some mild references.
V: Infrequent, mild.
7.15pm, 9.00pm, 10.45pm, 12.30am, 2.15am, 4.00am

Monday 31 July

SKY ONE
ACTION/ SELECTION PACKS

6.00am Long Play 7.30 Mega Babies 8.00 Godzilla 8.30 Mummies Alive 9.00 Pokémon 9.30 Pokémon 10.00 Pokémon 10.30 The Simpsons Text 11.00 World Wrestling Federation – Smackdown 1.00pm Dream Team Omnibus 2.00 Mega Babies 2.30 Godzilla

3.00 Mummies Alive
The Gift of the Geb
3.30 Pokémon
The Pi-Kahuna
Ash tries to restore a young surfer's lost confidence.
4.00 Pokémon
Make Room for Gloom
4.30 Pokémon
Lights Camera Quack-Tion
A movie director is looking for Pokémon to star in his movie.
5.00 Star Trek
Another episode of the long-running cult science fiction series where the crews explore space and defend the United Federation of Planets.
6.00 Hercules: The Legendary Journeys
Action adventure series in which Hercules uses his superhuman strength to aid humanity, fighting all sorts of mythical beasts.
7.00 The Simpsons
Itchy and Scratchy and Marge Text
7.30 The Simpsons
Brush with Greatness
Marge paints Mr Burns. Text
8.00 Star Trek: Voyager
Spirit Folk
Problems arise when *Voyager* runs a Holodeck holographic programme non-stop and the characters become suspicious.
9.00 Nature's Rage: In Harm's Way
Your chance to experience hurricanes, tornadoes, wildfires and earthquakes from the safety of your armchair. Text
10.00 Red Light Girls
Documentary series. In Los Angeles, Mistress Alexa is looking for a live-in slave and in Melbourne Sally tries a different career – glamour modelling. Text
11.00 Coppers
Coppers Nottingham
A fly-on-the-wall documentary.
11.30 Coppers
Coppers Lincoln
Police documentary.
12midnight Star Trek
Sci-fi adventure series.
1.00am New York Undercover
Vendetta
McNamara goes undercover with the Chinese mafia to implicate the cops involved in his father's murder.
2.00-6.00am Long Play
A VJ-free zone of music all night long.

UK GOLD
LIFESTYLE/ SELECTION PACKS

6.00am The Good Life 6.35 First of the Summer Wine 7.25 Birds of a Feather 8.25 EastEnders Text 9.00 The Bill Text 9.30 The Bill Text 10.00 Bergerac 11.00 Knots Landing 11.55 Neighbours 12.25pm EastEnders Text 1.00 Dangerfield 2.00 Knots Landing

3.00 The Bill
Loyal to the Last
Beech is on the trail of a suspected forger. Text
3.30 The Bill
Rent
4.00 EastEnders
Cindy is amazed by Ian's change of attitude and Pat suspects she has an admirer. Text
4.35 Neighbours
Julie thinks she's pregnant.
5.00 The Liver Birds
The Maypole
Classic sitcom about the antics of two Liverpudlian lasses.
5.40 Bread
Sitcom. Text
6.20 The Brittas Empire
Body Language
Leisure centre sitcom. Colin thinks aliens are taking over the centre when a block of green ice crashes through the roof.
7.00 Just Good Friends
Sitcom. Vince prangs Penny's car and causes her mum to faint.
7.40 Birds of a Feather
Can't Judge a Book
Sitcom. Sharon is happy until she is told to lose weight. Text
8.20 Open All Hours
Sitcom about a shopkeeper who'll stop at nothing to keep his profits high. His only weakness is his love for the local nurse. Text
9.00 The Royle Family
Comedy series. Dave and Denise's wedding is six weeks away and the phone bill is the last thing Jim needs. Text
9.40 Men Behaving Badly
Lovers
Sitcom. Gary invents a sexual history to convince Dorothy of his experience and prowess. Text
10.20 Absolutely Fabulous
Hospital
11.00 Gimme, Gimme, Gimme
Who's That Boy?
Sitcom. Linda and Tom find a half-naked man in their flat.
11.40 The Bill Text
12.15am The Bill Text
12.45 Live at Jongleurs
1.20 The Royle Family
1.55 Men Behaving Badly
2.30 Monty Python's Flying Circus
3.10 EastEnders Text
3.40 Casualty
4.40 Dynasty
5.30-6.00am Angels

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Can't Cook, Won't Cook 7.00 Tiny Living 9.00 Brookside 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Forgive or Forget 11.40 Maury Povich 12.30pm Special Babies 1.00 Plastic Fantastic 1.30 Judge Judy 2.00 Streetmate 2.30 Maury Povich

3.20 Relationship SOS
Programme offering advice to people who want to revamp their relationships.
3.50 Forgive or Forget
Mother Love offers advice on relationship problems and tries to persuade the guests to forgive each other.
4.40 Oh Baby
Sitcom about a woman who has a baby by artificial insemination.
5.05 Streetmate
Davina McCall scours the country playing Cupid.
5.35 Ready, Steady, Cook
Top chefs compete against the clock to create exciting recipes.
6.10 The Jerry Springer Show
Talk show in which Jerry Springer and guests debate relationship and family issues.
7.00 Judge Judy
Outspoken judge Judy Sheindlin presides over real-life cases.
7.30 Will and Grace
Sitcom about two roommates who seem perfect for each other.
8.00 Charmed
Drama series about three sisters who move into a house ileft to them by their grandmother – only to find they have also inherited her powers of witchcraft.
9.00 FILM: Five Desperate Hours
Sharon Lawrence, Giancarlo Esposito
Drama about a criminal who takes a housewife hostage while on the run from the authorities and the mob. During the stand-off with the police, the captor and hostage form a remarkable friendship. *1997*
10.50 Secret Suburbia
A look at some seemingly ordinary suburban residents and their extraordinary lives.
11.20-12midnight Erotic Confessions
Erotic drama.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Shopping 6.30 The Odd Couple 7.00 Plus on Plus 7.30 Jokers Wild 8.00 Hogan's Heroes 8.30 Man About the House 9.00 Classic Coronation Street Text 9.30 Emmerdale Text 10.00 Mission: Impossible 11.00 Only When I Laugh 11.30 Home to Roost 12noon Classic Coronation Street Text 12.30pm Emmerdale Text 1.00 Sorry! 1.30 Robin's Nest 2.00 Hawaii Five-0

3.00 Boon
The Relief of Matty King
Comedy-drama series. A night-club owner engages Boon to find out why his licence has not been renewed. With Michael Elphick.
4.00 Kojak
The Captain's Brother's Wife
Police drama series. The gambling debts of the Captain's widowed sister-in-law must be kept secret from McNeil.
5.00 Hart to Hart
Too Many Cooks are Murder
Crime thriller series. A demonstration of French cooking turns into a murder mystery. With Stefanie Powers.
6.00 Emmerdale
The Woolpack is under new ownership. Text
6.30 Classic Coronation Street
Susan and Ken argue. Text
7.00 Sorry!
Up, Up and Away
Comedy series. Timothy's finally leaving home.
7.30 Robin's Nest
You Need Hands
8.00 Boon
Vallance's Liberty
Comedy drama series. A gang uses a party to gain access to a house where some secret plans are thought to be hidden.
9.00 Kojak
No Licence to Kill
Kojak need Lt George O'Mara's co-operation to track down a professional assassin.
10.00-11.00pm Taggart
Death without Dishonour – Part II

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Big Bang
Spectacular motoring stunts, crashes and amazing escapes.
11.30 Madder Maxx
All-action motoring series, presented by Dougie Brimson.
12midnight 2 Wheels
Magazine programme dedicated to motorbikes.
12.30am Motor Week
Magazine series that takes a look at the motoring industry.
1.00 Motorsport Mundial
1.30-2.00am Crash and Burn
Footage of cars, dragsters and stock cars crashing and exploding.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

4.30am Pooh 4.45 Music Time 4.50 Olie 5.00 Bear 5.25 Art Play 5.30 PB and J Otter 5.45 Bite Size 6.00 Classic Toons 6.05 Circle Time 6.10 Olie 6.20 Spot 6.30 Out of the Box 7.00 Mickey Mouseworks 7.30 101 Dalmatians 8.00 Art Attack 8.30 Recess 9.00 Miami 7 9.30 Smart Guy 10.00 Boy Meets World 10.30 100 Deeds for Eddie McDowd 11.00 Men in Black 11.30 Art Attack 12noon Recess 12.30pm Sabrina 1.00 FILM: Alley Cats Strike PREMIERE *Teen movie. 2000* 2.30 Mickey Mouseworks

3.00 101 Dalmatians
Animated canine capers. Text
3.30 Sabrina
Shrink to Fit
Animation. Sabrina steals a spell from the Spookie Jar.
4.00 Honey, I Shrunk the Kids: The TV Show
Honey, I'm Haunted
Nick befriends a ghost.
4.45 Recess
Animated series. Text
5.00 100 Deeds for Eddie McDowd
5.30 Smart Guy
The Dawgburger Rebellion
TJ protests and almost ends up getting expelled from school. Text
6.00 Boy Meets World
Can I Help to Cheer You
Cory and Topanga continue to plan their wedding. Text
6.30 Microsoap
Fun-filled kid's sitcom.
7.00 FILM: Honey, I Shrunk the Kids
Rick Moranis, Matt Frewer
A family drama. The children of an eccentric inventor are accidentally shrunk by his latest invention – and find themselves in a terrifying wilderness that used to be their back garden. Text *1989*
8.30 Honey, I Shrunk the Kids: The TV Show
Honey, You've Got Nine Lives
Sci-fi comedy. Text
9.15 Flipper
Marine action adventure with TV's most famous dolphin and his friends. Text
10.00 Home Improvement
Comedy double bill. Text
11.00 Touched by an Angel
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

MONDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Death Rides a Horse
Carlton Cinema 9.00pm

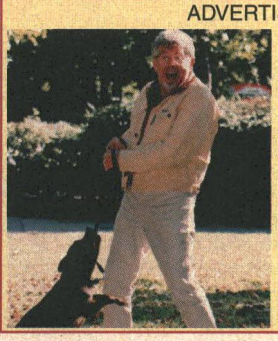
Lee Van Cleef saddled up for his sixth foray into the spaghetti Western with this brooding tale by Giulio Petroni. In arguably his last satisfying genre entry, Van Cleef teams up with revenge-hungry youngster John Phillip Law. It climaxes in an atmospheric dust storm shoot-out.

GENERAL

Gimme, Gimme, Gimme
UK Gold 11.00pm

Kathy Burke plays James Dreyfus's live-in fag hag in this highly original sitcom penned by *Beautiful Thing* writer Jonathan Harvey. More pantomime than situation comedy, enjoy the grotesque love-hate relationship as the claws are out over a mysterious man in their bed.

ADVERTISEMENT UK HORIZONS



ANIMAL HOSPITAL 8.00PM
Rolf Harris presents this phenomenally popular series which takes an inside view to how the staff at Harmsworth hospital really cope with the day-to-day animal cases that are presented by the public.

Monday 31 July

	EUROSPORT NEWS & SPORT/ SELECTION PACKS	SKY SPORTS 1 PREMIUM CHANNEL	SKY SPORTS 2 PREMIUM CHANNEL	SKY SPORTS 3 PREMIUM CHANNEL	SCI-FI ACTION PACK	MTV MUSIC & GAMES PACK
6.00 AM MORNING	**7.30am Motocross** **8.30 Football** **10.30 Football** Danone Cup action. **11.00 Tennis** Coverage of the ATP Tournament in Kitzbühel. **12.30pm Tennis** Coverage of the final of the WTA Tournament in Stanford, USA. **2.00 Football** Action from a friendly match.	**7.00am Gillette World Sport 7.30 WWF – Classics 8.30 Racing News 9.00 Aerobics Oz 9.30 European Drag Racing: Santa Pod 10.00 World Cup Football: Official FIFA Film 1974 World Cup 11.55 Premiership Shorts: Gianfranco Zola 12noon Aerobics Oz Style 12.30pm Gillette World Sport Special 1.00 Ford Scottish Football 2.30 Cricket: Under-19 One-Day International – England v Sri Lanka – LIVE** Under-19 cricket action as England face Sri Lanka at Hove. England's young stars are out for revenge against the visitors after they were beaten by World Cup hosts Sri Lanka, before crashing out of the World Cup in January and failing to successfully defend their title.	**7.00am Aerobics Oz Style 7.30 Racing News 8.00 Ford Scottish Football 9.30 Euro Tour Golf: TNT Dutch Open and Senior British Open** The TNT Dutch Open and Senior British Open conclude on their fourth and final days. **12noon Ford Golf USA: John Deere Classic** Day four highlights.	**12noon Super League** Another instalment of Super League action featuring the best teams from around the country. Eddie Hemmings and Mike Stephenson present highlights from the pick of the weekend's games. **2.00pm Table Tennis: US Open** Table tennis action from Fort Lauderdale, Florida.	**8.00am Buck Rogers in the 25th Century 9.00 Land of the Giants 10.00 Swamp Thing 10.30 Swamp Thing 11.00 The Six Million Dollar Man 12noon Babylon 5 1.00pm Amazing Stories 1.30 Amazing Stories 2.00 Buck Rogers in the 25th Century**	**6.00am Select MTV 9.00 Bytesize MTV** A window onto the world of music television, featuring highlights from the MTV network around the world. **12noon MTV Hits** Back-to-back music videos. **12.30pm News Weekend Edition 1.00 MTV Hits 2.00 European Top 20** Continental chart rundown.
3.00 PM			**3.00pm International Bowls: Australia v Scotland – Triples** Australia's latest international bowls encounter with Scotland reaches the triples stage.	**3.00 World Cup Football: Official FIFA Film – 1974 World Cup** Action from the event in West Germany, where Holland seemed dominant – until they met the hosts. **4.55 Premiership Shorts: Favourite Player – Gianfranco Zola**	**3.00 Sightings** Extraordinary real-life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.	**3.00 Bytesize MTV** A constant barrage of highlights from the MTV network around the world in short soundbites.
4.00 PM	**4.00 Triathlon** Coverage of the 2000 Triathlon Ironman Europe event in Roth, Germany.				**4.00 Land of the Giants** *Genius at Work* A scientific formula enables Fitzhugh to become giant-sized.	**4.00 Select MTV** As viewers choose videos from the menu, Kelly Brook takes the calls and chats to studio guests.
5.00 PM	**5.00 Xtreme Sports** Action from the Big Air Festival at Paris Bercy.		**5.00 World Tenpin Masters** Bowling alley antics from the World Tenpin Masters, in the Milton Keynes Shopping Centre.	**5.00 World Wrestling Federation – Classics** Classic action from some more World Wrestling Federation events of recent years.	**5.00 Swamp Thing** *Mirador's Brain* **5.30 Swamp Thing** *Revelations* Swamp Thing is hunted down and nearly killed.	
6.00 PM		**6.00 Sky Sports Centre** Catch up with the latest from the world of sport. **6.30 Cricket: Under-19 One-Day International – England v Sri Lanka – LIVE** The under-19 action continues as England face Sri Lanka at Hove in the second session.	**6.00 Horsepower** The latest horse racing and equestrian action from the Emerald Isle. **6.30 World Football Show**	**6.00 World Corporate Games** Thousands of competitors descend on Aberdeen to compete in the 2000 World Corporate Games.	**6.00 The Six Million Dollar Man** *Outrage in Balinderry* Steve Austin persuades a pretty patriot to lead him to a hideout of revolutionaries.	**6.00 Bytesize MTV** A constant barrage of highlights from different MTVs around the world in short soundbites.
7.00 PM	**7.00 Truck Sports** Coverage of the third round of the Europa Truck Trial in Warninglid.		**7.00 The Winning Post: Windsor/ Yarmouth – LIVE** The evening's horse racing action comes from Windsor and Yarmouth.	**7.00 Wheelbase Club** Features interviews with stars such as Formula 1 driver Jenson Button and up-and-coming Le Mans star Johnny Mowlem.	**7.00 Amazing Stories** *Dorothy and Ben* **7.30 Amazing Stories** *Secret Cinema* A young woman thinks she is losing her mind.	**7.00 MTV Hits** Another hour of back-to-back hits and videos.
8.00 PM	**8.00 Stunts** *And They Walked Away* Spectacular crashes where the drivers came out miraculously unharmed and walked away.			**8.00 International Bowls: Australia v Scotland – Triples** Australia's latest international bowls encounter with Scotland reaches the triples stage.	**8.00 The Crow: Stairway to Heaven** *Gathering Storm* The leader of the Lazarus Group plans to turn the Crow into his henchman.	**8.00 Hit List UK** UK chart action with the movers, the shakers and the latest chart breakers. With Cat Deeley.
9.00 PM	**9.00 Boxing** Coverage of an international contest.		**9.00 World Motor Sports** A round-up of the latest motor sports action, featuring events from all over the world.		**9.00 First Wave** *Normal, Illionois* The deaths of several teenagers, brings Cade Foster to Illinois to investigate an alien experiment.	**9.00 Daily Edition** Stories from the world of showbiz in Europe. **9.30 Celebrity Death Match** Cult claymation comedy.
10.00 PM	**10.00 Football** *Uefa Champions' League Classics* Action from 1992-93 featuring Rangers, Marseille and Milan.	**10.00 Sky Sports Centre 10.15 World Football Show 10.45 Golf Professional Footballers' Golf Classic** Pro footballers take to the fairways. **11.45 Sky Sports Centre**		**10.00 Shell's Wonderful World of Golf: De Vicenzo v Weiskopf v Stockton** Classic action from the Ranelagh Golf Club.	**10.00 FILM: Total Recall** *Arnold Schwarzenegger, Sharon Stone, Ronny Cox* Science fiction action adventure. When a man goes for a virtual vacation on Mars, an unexpected and harrowing series of events force him to visit the real Red Planet. *1990*	**10.00 The Tom Green Show 10.30 Loveline USA** More angst-ridden youngsters call up the MTV hotline in LA.
11.00 PM	**11.00 Motorsports** *Formula Magazine* The latest news and features from the track.			**11.00-11.30pm Cue Masters: Hendry v Henry** Action from the 1995 British Open.		**11.00 brand:new Live** Zane Lowe introduces another scintillating live musical performance from the MTV archives.
12.00 NIGHT TIME	**12midnight-12.30am Truck Sports** Action from the FIA European Truck Racing Cup in Nürburgring, Germany.	**12midnight Wheelbase Club 1.00am World Tenpin Masters 2.00 World Cup Football: Official FIFA Film – 1974 World Cup 3.55 Premiership Short: Favourite Player – Gianfranco Zola 4.00-4.15am Sky Sports Centre**	**12midnight Telegraph Action Sport 12.30am Total Sport 1.00 World Corporate Games 2.00 Horsepower 2.30 International Bowls: Australia v Scotland 4.30-4.45am Sky Sports Centre**		**12midnight Lexx** *Gondola* **1.00am FILM: Total Recall** Arnold Schwarzenegger Sci-fi action adventure. A man is forced to visit Mars after a series of harrowing events. *1990* **3.00-4.00am Babylon 5**	**12midnight Superock** The latest releases from the world of rock and metal. **1.00am-6.00am Night Videos** Music tracks to take you through the small hours.

WORLD CUP FOOTBALL: OFFICIAL FIFA FILM – 1974 WORLD CUP

SKY SPORTS 1 10.00AM, 2.00AM, SKY SPORTS 3 3.00PM by Ross Biddiscombe

With Euro 2000 over, and the Premier League a month away, football fanatics can enjoy some action from the 1974 World Cup held in West Germany. Holland, who played a type of attacking game labelled 'total football', reached the final, where they met the hosts at Munich's Olympic Stadium. The referee Jack Taylor – a Wolverhampton butcher – was quick to mete out punishment when he awarded a penalty within the opening minute following a foul on the Dutch master Johan Cruyff (pictured).

PLAYBOY TV/ ADULT CHANNEL ADD-ON CHANNEL	TELEVISION X ADD-ON CHANNEL
10.00pm Freeview 10.06 The Strip 11.15 Intimate Sessions 12midnight Freeview 12.12am Adult Feature 12.20 Twins Behaving Badly 12.50 FILM: The Romance Writer 2.05 Girls About Town 2.20 FILM: The Bet 3.40-4.00am Totty Try-Outs	**12midnight The Ten Minute Preview 12.10am Vice World 12.40 FILM: Adult Feature 1.00 The Five Minute Freeview 1.05 FILM Continues 1.55 Surrey Trip 2.20 FILM: Hootermania 3.30-4.00am Elisha**
Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £4.95. See channel 50 for details	Adult Nightview is now available as a TV on-demand service between 12midnight and 4.00am at £4.95. See channel 50 for details

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast
8.00 Pop-Up Video
9.00 Upbeat
12noon Behind the Music: Billy Joel
1.00pm Greatest Hits: Billy Joel
1.30 Pop-Up Video
More top trivia.
2.00 Jukebox
Another edition of the show that turns your TV into a music video jukebox.

4.00 The Millennium Classic Years: 1996
Take another trip down musical memory lane with the tunes and headlines that characterised 1996.
5.00 Ten of the Best: Gary Barlow
Gary Barlow picks his ten favourite music videos

6.00 Video Timeline: Mariah Carey
A look back at the New York diva's career to date.
6.30 Greatest Hits: Billy Joel
7.00 Top Ten
A rundown of the VH1 playlist featuring the hit tracks of the moment.

8.00 The Millennium Classic Years: 1975
Take another trip down musical memory lane with the tunes and headlines that characterised 1975.
9.00 The VH1 Album Chart Show
Paul King presents the biggest selling albums of the week in the UK.

10.00 Behind the Music: Blondie
Trace the ups and downs of the band through rare footage and interviews.

11.00 Talk Music
Pip Dann and Mark Ellen present the latest music news and reviews.
11.30 Greatest Hits: Billy Joel
12midnight Ed Sullivan's Rock'n'Roll Classics
Vintage TV music show.
12.30am Video Timeline: Mariah Carey
1.00 Hey, Watch This!
2.00 VH1 Country
2.30 Soul Vibration
3.00-6.00am VH1 Late Shift

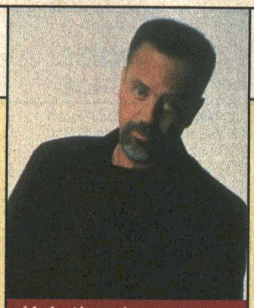
ANIMAL PLANET
WORLD PACK

12noon Croc Files
12.30pm Going Wild with Jeff Corwin
Ndzalama, South Africa
1.00 Harry's Practice
A look at the work of a vet in northern Tasmania.
1.30 Harry's Practice
2.00 Pet Rescue
More RSPCA rescue cases.
2.30 Kratt's Creatures
Creatures of the Night
3.00 Good Dog U
Canine discipline tips with Joel Silverman.
3.30 Good Dog U
Canine discipline tips with Joel Silverman.

4.00 Animal Planet Unleashed
Howie Watkins finds out how watching your cat can tell you about the weather.
4.30 Croc Files
5.00 Pet Rescue
More RSPCA rescue cases observed.
5.30 Going Wild with Jeff Corwin
Kenya, Africa

6.00 The Aquanauts
Go diving with schools of white-tip sharks and reef sharks in Palau, Micronesia.
6.30 Croc Files
With Steve and Terri Irwin.
7.00 Champions of the Wild
East Coast Right Whale
7.30 Champions of the Wild
Mountain Gorillas
8.00 Wildlife ER
Round-the-clock care for animals in need.
8.30 Wildlife ER
Round-the-clock care for animals in need.
9.00 Crocodile Hunter
Forces of Nature
Steve Irwin helps US rangers remove venomous snakes from harm's way.
10.00 The Big Animal Show
Corals and Fish
10.30 The Big Animal Show
Animals of Savannah
11.00-12midnight Animal Emergency Special
Veterinary experts administer treatment to a variety of animals.

CABLE CHECK
Some of the channels listed may not be available in your area



He's the piano man: 'Greatest Hits: Billy Joel'. VH1 1.00pm, 6.30pm, 11.30pm

ITV2
ACCESS PACK

4.00pm Trisha
Another double bill of heartwarming and hair-raising true stories with Trisha Goddard and a studio audience. Text

6.00 The Extremists
Extreme sports action.

6.30 Touch Football
More sporting coverage.

7.00 F1 Highlights
Jim Rosenthal introduces highlights of the German Grand Prix, with commentary by Murray Walker and Martin Brundle.
8.00 Sunset Beach
Vanessa confronts Rae over his feelings for Casey, while Mark attempts to contact Tiffany.
8.50 Chart Choice
9.00 Supply and Demand
Raw Recruit – Part II
Jake is determined to prove Hughes' involvement in Hall's murder. Text
10.00 Coronation Street
Catch up with tonight's episode from ITV. Text
10.30 Nuts and Bolts
Susan gets a birthday kiss.
11.00 The Jerry Springer Show
More outrageous revelations and confrontations.
11.50 The Late Show with David Letterman
Chat show with host and humorist David Letterman plus celebrity guests.
12.40am Freaky Stories
Ghoulish animation.
12.50 The Extremists
1.20-1.50am Touch Football

UK STYLE
LIFESTYLE PACK

7.00am Holiday in Style 8.00 Ready, Steady, Cook 8.30 Can't Cook, Won't Cook 9.00 Changing Rooms: New Zealand 9.30 Real Rooms 10.00 Change That 10.30 A Room with a Clue 11.00 Fantasy Rooms 11.30 Repair to Remember 12noon Good Living 12.30pm Style Challenge 1.00 Wine World 1.30 Ready, Steady, Cook 2.00 Front Gardens 2.30 BBC Gardener of the Year
3.00 Garden Stories
Battles
3.30 Ground Force
Alan Titchmarsh and his crew work some more quick gardening magic.
4.00 Stefan's Garden Roadshow
Horticultural advice.
4.30 Good Living
Magazine show presented by Jane Asher.
5.00 Can't Cook, Won't Cook
Cookery challenge.
5.30 Changing Rooms: New Zealand
More decor makeovers.
6.00 The Antiques Inspectors
Dave Lee Travis guides the team around his home town of Buxton in Derbyshire.
7.00 Real Rooms
Padstow Bedroom
7.30 Change That
Mark Curry takes the interior design roadshow to Rugby School.
8.00 Style Challenge
Fashion experts perform more dream makeovers.
8.30 à la mode
Fashion series hosted by Shebah Ronay.
9.00 Rick Stein's Seafood Odyssey
Rick prepares a spicy squid salad.
9.30 Antiques Roadshow US
Experts examine Mexican silver, American Indian artefacts, painting and folk art in San Antonio.
10.30 House Invaders
With Linda Barker.
11.00 Garden Magic
Instant solutions to gardening dilemmas.
11.30 Gardeners' World
With Alan Titchmarsh.
12midnight Ground Force
The team sets about creating a slice of north Africa in north London for a family of four from Morocco.
12.30am-1.00am Stefan's Garden Roadshow
Stefan Buczacki offers more horticultural advice.

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Return to Sylvania Waters
7.50 Making Sense
8.20 Animals in Uniform
8.50 Vets to the Rescue
9.20 Tomorrow's World Plus
10.15 Life on Earth
11.15 Dinosaur Cops
12.15pm Animals in Uniform
12.45 City Hospital
1.45 Sylvania Waters
2.15 Sylvania Waters
2.45 Return to Sylvania Waters
Seven years after the series burst on to UK TV screens, this programme goes back down under to see how things have changed for the family.

3.45 Vets to the Rescue
More heartwarming stories of pets in need.
4.20 Animal Hospital
Rolf Harris observes more RSPCA medical cases.
4.50 Zoo
Keeper Maggie Lamb has to hand-rear a monkey.
5.25 The Cruise
Stranded in Paradise
Cruise ship documentary.
5.55 City Hospital
Gaby Roslin delivers another report on the triumphs and trials of patients and staff at Southampton General.
6.55 Future Fantastic
I Robot
Gillian Anderson assesses the future of robots.
7.30 Chimpanzee Diary
Real-life animal soap opera.
8.00 Animal Hospital
Rolf Harris observes more RSPCA medical cases.
8.30 What Went Wrong?
More disasters examined.
9.00 The Cruise
Stranded in Paradise
Cruise ship documentary.
9.35 HMS Brilliant
A Little Bit of England
Naval personnel try to enforce the arms embargo off Bosnia. Text
10.35 The Secret Life of Twins
Professor Robert Winston considers the relationship that exists between twins.
11.30 999
True tales of heroism. Text
12.30am-1.00am Future Fantastic
I Robot

UK PLAY:
1.00am Shooting Stars 1.30 Fast Show 2.05 Vic Reeves Examines 2.35 Reeves and Mortimer 3.10 Soundtrack to My Life 3.40 DJ Anthems 4.05 Bally Dung Radio 4.30 Fool's Gold 4.45 Here is This 5.00 Chris Moyles 5.30 Sound of Play 6.30-7.00am Phone Zone

CARLTON FOOD NETWORK
LIFESTYLE PACK

7.00am Tessa's Tastebuds 7.30 Coxon's Kitchen College 8.00 Food Network Daily 8.45 Quick Cooks 9.00 Country Cooking 9.30 Classic Dishes 10.00 Slice of Life 10.30 Simply Puddings 11.00 Flash in the Pan 11.30 Nancy Lam's Wok Wiz 12noon Four Burners and a Grill 12.30pm Cucina Valentina 1.00 Coxon's Kitchen College 1.30 Five-Star Cooking 2.00 Food Network Daily 2.45 Quick Cooks

3.00 Jenny Bristow's Country Cooking
Glorious Food from Greece
3.30 Tessa's Tastebuds
Soft Cheese
4.00 Simply Puddings
Low-Fat Puddings
4.30 Classic Dishes
The Nosh brothers prepare peppered steak.
5.00 A to Z of Food and Beauty
5.30 Four Burners and a Grill
6.00 Coxon's Kitchen College
6.30-7.00pm In Season

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Those Wonderful Dogs
Trace the history of the age-old and honourable friendship between canines and humans.
8.00 Storm Voyage – The Adventure of the Aileach
8.30 Wyoming, Alaska
Holly Morris joins a Wyoming cattle drive.
9.00 Stratosfear
Follow an attempt to break the world hang-gliding altitude record.
9.30 Yukonna
A trip up the Yukon River.
10.00 Climb Against the Odds
The heroic story of a group of women who climbed to the summit of North America's tallest mountain.
11.00 Into Darkest Borneo
Two explorers negotiate the jungles of Borneo on their quest to meet with natives of the area.
12midnight-1.00am Tides of War
Survey the lingering – and possibly permanent – effects of the Persian Gulf War on countless creatures struggling in the wake of this unnatural catastrophe.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
5.30 Sale of the Century
Presented by Keith Chegwin.
6.00 100%
6.30 Family Fortunes
Big money gameshow.
7.00 Beadle's About
Hidden camera pranks.
7.30 Winner Takes All
With Bobby Davro.
8.00 Gladiators
9.00 Whittle
9.30 Strike it Lucky
10.00 Sale of the Century
10.30 Family Fortunes
11.00 Stars in Their Eyes
11.30 Endurance UK
12midnight Beadle's About
12.30am Gladiators
1.30 The Cooler
2.00 Karaoke Challenge
Porthcawl
2.30 3-2-1
3.30 The Krypton Factor
4.00 Say the Word
4.30 Move on Up
5.00-6.00am Shopping with Screenshop

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am The Joy of Painting 6.30 Grassroots 7.00 The Great Gardening Plot 7.30 Doorstep DIY 8.00 How to with B & Q 8.05 The House Doctor 8.35 Our House Down Under 9.05 The Joy of Painting 9.35 Grassroots 10.05 How to with B & Q 10.10 The Great Gardening Plot 10.40 Two's Country – Ship to Shore 11.10 Space Invaders 11.40 Home Savvy 12.10pm How to with B & Q
12.15 Hometime 12.45 Classic This Old House 1.15 Home Again with Bob Vila 1.45 Wood Wizard 2.15 How to with B & Q 2.20 The New Yankee Workshop 2.50 Kingsbury Square 3.20 Rex Hunt Fishing Adventures 3.50-4.00pm How to with B & Q

RAPTURE
BONUS CHANNEL

10.00am High Adrenalin Action 10.30 Ibiza 2000 11.00 That Film Show 11.30 World Wind Surf 12noon Surf Film 1.00pm Byte Me 1.30 High Adrenalin Action 2.00 Boardstupid 2.30 Byte Me 3.00 buzz:tracks 4.00 High Adrenalin Action 4.30 Chilli Factor 5.00-6.00pm Newquay Surf 2000

LOCAL CHANNEL
ACCESS PACK

6.00pm LLTV – Local Life
A daily magazine programme featuring local news, events and lifestyle features.
6.30 What's On TV
7.00 LLTV – Local Life
7.30 YCTV
Programmes made by the stars of tomorrow featuring the stars of today.
8.00 Student Showcase
8.30 What's On TV
9.00-9.30pm LLTV – Local Life

Monday 31 July

MORNING

6.00 AM

CABLE CHECK
Some of the channels listed may not be available in your area

CARTOON NETWORK
FAMILY PACK

5.00am Flying Rhino Junior High 6.00 Fat Dog Mendoza 7.00 Tom and Jerry 8.00 Dexter's Laboratory 9.00 Angela Anaconda 10.00 The Powerpuff Girls 11.00 Dragonball Z 12noon Johnny Bravo 12.30pm Looney Tunes 1.00 Johnny Bravo 1.30 Cow and Chicken 2.00 Johnny Bravo 2.30 Mike, Lu and Og

NICKELODEON
FAMILY PACK

7.00am Transylvania Pet Shop 7.30 Transylvania Pet Shop 8.00 Ren and Stimpy 8.30 Ren and Stimpy 9.00 Kenan and Kel 9.30 Kenan and Kel 10.00 Sister Sister 10.30 Sister Sister 11.00 Cousin Skeeter 11.30 Cousin Skeeter 12noon Rugrats 12.30pm Rugrats 1.00 Rugrats 1.30 Rugrats 2.00 Rugrats 2.30 Rugrats

FOX KIDS
FAMILY PACK

6.00am Oggy 6.10 Bad Dog 6.30 Bobby's World 6.55 Jim Button 7.15 Walter Melon 7.40 Inspector Gadget 8.00 Oggy 8.10 Biker Mice 8.30 Dennis and Gnasher 8.55 Sailor Moon 9.15 Sailor Moon 9.40 Digimon 10.00 Power Rangers 10.20 Monster Rancher 10.45 Masked Rider 11.05 X-Men 11.30 Spy Dogs 11.50 Ace Ventura 12.15pm Walter Melon 12.35 Inspector Gadget 1.00 Woody 1.10 Casper 1.30 Donkey Kong 1.55 Dennis and Gnasher 2.20 Life with Louie 2.40 Princess Sissi

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 2.00 News 3.00 News 4.00 News 5.00 News 6.00 News 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 HARDtalk 10.00 News 11.30 World Business Report 12midnight News 1.00am News 2.30 World Business Report 3.00 News 3.30 HARDtalk 4.00 News 4.45 Asia Today 5.00-6.00am News

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Ekas Ke Hum Barik 8.00 DD News 8.30 DD Programme 9.00 FILM 11.30 News 12noon Geet Baney Sangeet 12.30pm Junoon 1.00 Swabimaan 1.30 FILM 4.00 Darpan 4.30 Kakaji Kahen 5.00 Music Box 5.30 MTV Fresh 6.00 Tiger 6.30 Rajni 7.00 Swabimaan 7.30 News 8.00 Aarzoo 8.30 FILM 11.30 News 12midnight MTV Hitlist 1.00am FILM 4.00 Kakaji Kahen 4.30 Music Box 5.00 Chand Grehan 6.00 Bhakti Sagar 6.30 DD News 7.00-7.30pm Bhule Bisre

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Business 6.00 This Morning 6.30 Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 CNN & TIME 10.30 Sport 11.30 Biz Asia 12.30pm CNNdotCOM 1.15 Asian 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Artclub 5.00 CNN & TIME 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 WorldView 11.30 Moneyline 12.30am Showbiz 1.00 This Morning 1.15 Asia 2.00 Larry King 4.30-5.00am American Edition

ZEE TV
ADD-ON CHANNEL

6.00am Yaadein 6.30 Sant Ashant Shri Asaranji Bapu 7.00 Faith: Hindu 7.30 News 8.00 Zaike Ka Safar 8.30 Teacher 9.00 Mehendi Tere Naam Ki 9.30 Basera 10.00 Karb 11.00 Jhat Pat Khana 11.30 Aangan 12noon FILM 3.00pm Hotel Hindustani 3.30 Pride Ka Aashirwad 4.00 Raahat 4.30 Quiz Contest 5.00 Hum Paanch 5.30 Aangan 6.00 Pakistan Show Time 7.00 Hadd Kar Di 7.30 Top of the Tops 8.00 News Bulletin 8.30 Chingari 9.00 Sa Re Ga Ma 10.00 Thriller at 10 10.30 Net Asia Up Beat 11.00 Zee in Europe 11.30 Pakistan Business Week 12midnight News 12.30am FILM 1.00 Kabzaa 3.30 Hum Paanch 4.00 Daraar 4.30 Campus 5.00-6.00am My Choice

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 11.30 Money 12noon Sky News Today 2.30pm Your Call 4.30 Sky World News 5.00 Live at Five 8.30 Sky Business Report 9.30 Showbiz Weekly 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Showbiz Weekly 4.30 The Book Show 5.30-6.00am CBS Evening News

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am CMTV 5.30 Andrew Wommack 6.00 CMTV 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 This is Your Day 8.00 Money Matters 8.15 Thought for the Day 8.30 Life in the Word 9.00 CMTV 9.30 Winning Ways: Matthew Ashimolowo 10.00 Israel Vision 10.30-11.00am The Dream Replay Cross Rhythms Edition

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et le Journal du Temps 7.00 Journal 7.30 Sindbad 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 L'Alambic 11.00 Infos 11.05 100% Questions 11.30 Journal 12noon Infos 12.05pm Mise au Point 1.00 Journal 1.15 L'Alambic 3.00 Journal 3.15 Questions 3.30 Méditerranéo 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 L'Alambic 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Le Point 9.00 Journal 9.15 Cinéma: L'Oeuvre au Noir 11.00 Le Journal de la RTBF 11.30-12midnight Soir 3

BLOOMBERG
WORLD PACK

2.00am Asian Market Report 3.00 Tokyo Live 3.30 Wall Street Report 5.00 US Market Report 5.05-6.00am Tokyo Live

BBC PARLIAMENT
NEWS & SPORT PACK

Parliament is in recess.

3.00 PM

DISCOVERY
WORLD PACK

3.00 Johnny Bravo
More from the bequiffed, pec-flexing egomaniac.
3.30 Dexter's Laboratory
Chemical chaos.

3.00 Rugrats
More adventures with the tousle-headed nippers.
3.30 Rugrats
More from the kids with the over-fertile imaginations.

3.00 Princess Starla and the Jewel Riders
More magical adventures.
3.20 Sailor Moon
3.45 Mighty Morphin' Power Rangers

4.00 PM

4.00pm Rex Hunt Fishing Adventures
Bobbin Head
Rex goes fishing for snapper and baby whiting.
4.30 Discovery Today

4.00 Johnny Bravo
The bequiffed egomaniac returns for another round of posturing.
4.30 The Powerpuff Girls

4.00 Kenan and Kel
Further adventures with the two funky friends.
4.30 Kenan and Kel
Starring Kenan Thompson and Kel Mitchell.

4.05 Mighty Morphin' Power Rangers
4.30 Digimon
Adventure in a world full of digital monsters.

5.00 PM

5.00 Lost Treasures of the Ancient World
The Roman Empire in North Africa
Explore the architecture of the ancient world.

5.00 Johnny Bravo
5.30 Pinky and the Brain
The lab mice return with another dastardly plan for world domination.

5.00 Sabrina the Teenage Witch
5.30 Sabrina the Teenage Witch
6.00 Are You Afraid of the Dark?

4.50 Masked Rider
Alien superhero antics.
5.15 Monster Rancher
5.35 Biker Mice from Mars
The rodents battle it out.

6.00 PM

6.00 Wild Asia
Realm of the Red Ape
An intimate portrait of a family of orang-utans and their habitat in the Sumatran rainforest.

6.00 Tom and Jerry
Madcap antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.

6.30-7.00pm Are You Afraid of the Dark?

6.00 The New Addams Family
6.25 Casper
6.35-7.00pm Goosebumps

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Grace Under Fire
7.30 King of Queens
Doug's father-in-law arrives.
8.00 Ellen
Give Me My Equity or Give Me Death
Ellen faces property prices.
8.30 Just Shoot Me
War and Sleaze
9.00 Married... With Children
Poppy's by the Tree – Part I
9.30 Cybill
Whose Wife Am I Anyway?
10.00 Frasier
The Perfect Guy
The station is buzzing over a new radio host.
10.30 Harry Hill
Surreal comedy show.
11.00 Jack Dee
Stand-up from the poker-faced funnyman.
11.30 Cheers
Breaking in Is Hard to Do
Rebecca visits Robin in jail.
12midnight Roseanne
12.30am Clive Anderson Talks Back 1.10 NewsRadio 1.35 Duckman 2.00 Hitz 2.30 Encore Encore! 3.00 It's Garry Shandling's Show 3.30-4.00am Abbott and Costello

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
A round-up of the best-selling items on the channel.
7.00 Jewellery Shop!
A selection of jewellery.
8.00 Kids Shop!
A selection of outdoor toys for children.
8.30 Kitchen Shop!
A selection of kitchen equipment and expert advice.
9.30 Sports Shop!
Mr Motivator presents a selection of sports equipment.
12.30pm Shop! Selection
A round-up of best-sellers.
5.30 Shop! Preview
6.00-7.30pm Shop! Selection

7.00 PM

7.00 Future Tense
Sea
Examine the fundamental effects of water.
7.30 Discovery Today
Science magazine series.

7.00 Scooby-Doo
More spooky tales.
7.30 Looney Tunes
8.00 Angela Anaconda
8.30-9.00pm Courage the Cowardly Dog

8.00 PM

8.00 Lonely Planet
Bolivia
Ian Wright explores one of Latin America's poorest countries from Lake Titicaca to Huayne Potosi.

TCM
FAMILY PACK

9.00pm FILM: Darby's Rangers
James Garner, Etchika Choureau, Jack Warden
Wartime adventure. A group of American commandos head into battle in North Africa and Italy. *1958*

11.25-1.00am FILM: Chandler
Warren Oates
Thriller. *1972*

GMTV 2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *News Hour* at 6.00am followed by children's shows. Saturdays: Children's programming and a round-up of the week's news in *The Review*. Sundays: Highlights include a *Pokémon* triple bill and *The Review*.

9.00 PM

9.00pm Tornado
The Chasers
Follow a group of storm chasers and discover their greatest successes and most terrifying memories.

10.00 PM

10.00 Gangsters
The Promised Land
A look at the birth of the gangsters who controlled America's city streets in the early 1900s.

11.00 PM

11.00 Firepower 2000
High-Tech Battlefield
Chart the course of military strategy, tactics and the technology of land warfare.

12.00

NIGHT TIME

12midnight Time Team
Cornwall
The team explores a 2000-year-old underground chamber in Cornwall.
1.00am Wonders of Weather
Signs in the Sky
1.30-2.00am Discovery Today

CARTOON NETWORK:
1.00am The Moomins 1.30 The Magic Roundabout 2.00 Tabaluga 2.30 Blinky Bill 3.00 The Tidings 3.30 The Fruitties 4.00 The Moomins 4.30-5.00am The Magic Roundabout

THE HISTORY CHANNEL
WORLD PACK

12noon
Rome: The Great Empire
The Republic of Rome
1.00pm Tomb of the Terracotta Warriors
2.00 Biography
Nicolae Ceausescu
3.00 World War I
Summer of Sarajevo
3.30 I, Witness
Leaving Home
4.00 Bombs, Rockets and Missiles
5.00 Flying for Fun
5.30 Flying to Work
6.00 Naked Warriors of Europe
6.55 Photos for the Future II
7.00 Merlin the Wizard
7.30 The Tragic Queen
8.00 Royal Lovers
9.00 Great Crimes and Trials
Richard Speck
9.30-10.00pm Great Crimes and Trials
Haigh: The Acid Bath Murderer

TV TRAVEL SHOP
BONUS CHANNEL

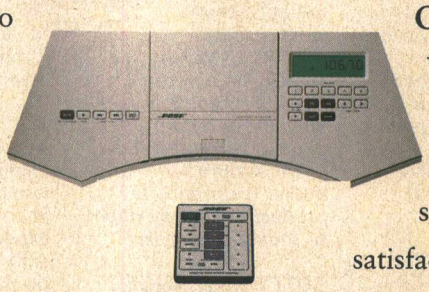
A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion at 3.00pm.

It doesn't look or act like any hi-fi system. But its sound exceeds all expectation.

Bose® presents an easier, more convenient way to enjoy hi-fi sound – the Acoustic Wave® music system. Small and lightweight, the system is exceptionally easy to operate. There are no cables to connect. No dials to adjust. Just plug it in and start enjoying pure stereo sound. The credit card-sized remote control allows you to command all functions at the touch of a button.



Enjoy more sound. Just press play.

A complete system lies within.

It may look simple, but this is really a highly advanced, complete sound system. With two equalizers, three amplifiers, three speakers, an AM/FM stereo tuner, and a multifunction CD player. The heart of the system, however, is the Bose patented acoustic waveguide speaker technology which, like a flute, enriches the sound through a long, intricately folded tube.

Unexpectedly lifelike sound.

No other compact sound system comes closer to giving you the emotional impact of a live performance. With the Acoustic Wave® music system, you'll hear lifelike, natural tones and the distinct sound of every instrument and voice. The bass remains rich and full, at all volume levels.

Not only will you enjoy music more, you may even find you enjoy music more often.

Only available direct from Bose.

You won't find the Acoustic Wave® music system in any shop. For a free information pack or to audition the system in your home for 30 days, satisfaction guaranteed, simply call freephone or send the coupon below.

CALL 0800 022 044

QUOTING REFERENCE 6909

Mr./Mrs./Ms. _____

Daytime Phone: _____ Evening Phone: _____

Address : _____

_____ Postcode: _____

6909

The Acoustic Wave® music system is available in Platinum White or Graphite Grey.

Please return in an envelope to:
Bose® Corporation
Freepost (EX 151)
Exeter, EX1 1ZY
No stamp necessary.

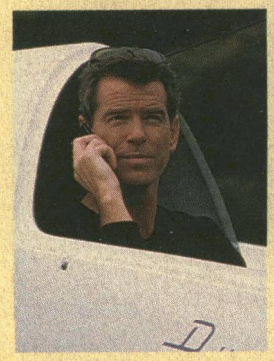
BOSE®
Better sound through research®

©2000 Bose Corporation. Covered by patent rights issued and/or pending.
Delivery subject to product availability.

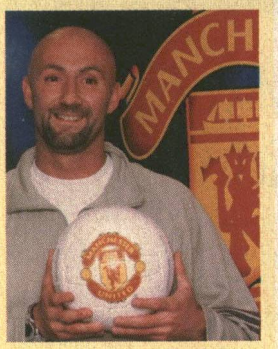
VIEWERS' VIEWS

Drop us a line! Write to: The Editor, *Cable Guide*, 40 Bernard Street, London WC1N 1LE or e-mail: viewers@cablegde.demon.co.uk

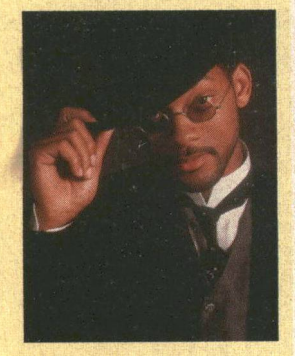
NEXT MONTH IN CABLE GUIDE!



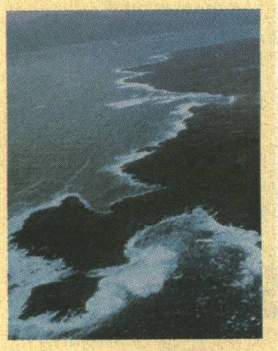
Pierce Brosnan in 'The Thomas Crown Affair'



The new season of football action kicks off



'Wild Wild West' premieres on Front Row



'Castaway 2000' comes to UK Horizons

SKY SCORES WITH RUGBY COVERAGE

HAVING watched Sky's coverage of the Leicester v Barbarians match (5 June), I think it's time I thanked Sky Sports for doing rugby union a great favour. Not only do they have the best commentators in Miles Harrison and Stuart Barnes, but they really take the viewer close to the action. Harrison and Barnes have a wonderful on-air relationship and mix straight commentary with expert views, all tied together with a constant thread of good humour. Even now I find myself looking forward to Sky's coverage of next season's rugby action.

John Fowler, e-mail

● ***Congratulations, you have won the £50 prize!***

JERI RYAN WINS YOUR VOTE

THANK YOU for featuring Jeri Ryan in May's *Cable Guide* (*Out of this World*). I voted for her in the poll you devised, as did all my friends. We all agree it is time the British media took notice of this heroine, portrayed by the greatest actress ever to grace the TV screen.

Marilyn Mastin, President
Jeri Ryan Fan Club
Cheshire

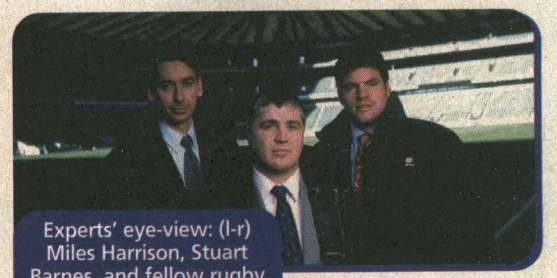
● ***Jeri Ryan easily beat Xena in the sci-fi babe stakes (see page 161).***

WHERE IS OUR DRAGONBALL Z?

I AM a big fan of *Dragonball Z*. I think it is the best show on Cartoon Network, but they seem to have axed it. Why? It stopped just when it was getting exciting. When will it return?

Jasdeep, e-mail

● ***Cartoon Network responds: 'Due to a change in programming plans it was decided to rest* Dragonball Z *during May. We apologise to the legions of disappointed* DBZ *fans – we are rerunning all the episodes shown so far from 12 June and an announcement concerning new episodes will be made in the near future.'***



Experts' eye-view: (l-r) Miles Harrison, Stuart Barnes, and fellow rugby commentator Mark Durden-Smith

DREAM TEAM'S NEXT KICK OFF

ANOTHER great series of *Dream Team* has ended. When is a fourth series due?

Tony Gleed, e-mail

● ***The new series of* Dream Team *is set to start on Sky One in the autumn.***

COMEDY JUST GETS BECKER!

WHY has the fantastic new series of *Becker* been replaced by *Cybill* re-runs? Will Paramount Comedy Channel be getting more episodes of *Becker* soon?

Deb Guglietti, e-mail

● ***Paramount Comedy Channel replies: 'Becker has been shown in its entirety since its 27 March launch. Keen not to repeat immediately, we have opted for another successful show,* Cybill. *A third series of* Becker *is currently in production and we hope to show it next year.'***

There's a £50 prize for the star letter!

BUFFY AND ANGEL: WE JUST CAN'T GET ENOUGH!

I'M the biggest *Buffy* and *Angel* fan ever and am totally obsessed by the shows. A big thank you to Sky One for showing *Buffy* twice a week (for season three), and then *Buffy* and *Angel* in a two-hour spot on a Friday evening. And thanks to *Cable Guide* for doing a *Buffy* competition in the June issue, and all of the previous articles. When is Sky One going to air the next seasons of *Buffy* and *Angel*?

Lindsay Crawford, e-mail

● ***Sky One hopes to show the new seasons of* Buffy *and* Angel *early next year.***

ARE THE (BEVERLY) HILLS ALIVE?

I WAS astonished to see that *Beverly Hills, 90210* was back on Sky One in May, but repeats only. Is the new series going to be shown after these?

Lisa King
e-mail

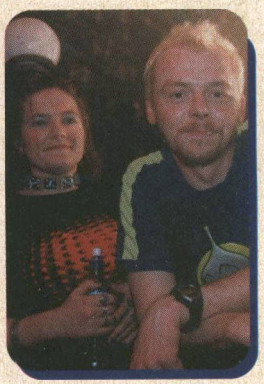
● ***Sky One tells us there are currently no plans to acquire the 10th season.***

SPACED OUT!

I MUST congratulate Paramount Comedy Channel for their recent showing of *Spaced* [with Jessica Stevenson and Simon Pegg as flatmates Daisy and Tim, pictured below]. I think it is the best situation comedy I have seen in a long while. Is there going to be a new series soon and, if so, do you know when will it be shown?

Gordon Gifford
e-mail

● ***Paramount Comedy Channel replies: 'Series two of* Spaced *is currently in production and is expected to be completed early in 2001. Our transmission date is dependent on completion of production. Keep an eye on our website – www. paramountcomedy. co.uk for details.'***



ROSWELL HIGH HOPES

ROSWELL HIGH is simply the best series to hit Sky One for ages. I know that there is a second series of the show in the pipeline – will this be shown on Sky One? And will there be any repeats of the first season? My whole family is hooked on the show and I think it would be stupid for Sky One not to carry on with it.

Chloe Jackson, e-mail

● ***Sky One informs us they will be repeating the first series of* Roswell High *next year. Watch this space for news on season two.***

THE MYSTERY CONTINUES

IS SCI-FI going to show *Mystery Science Theatre 3000* again?

Chris Cannon, e-mail

● ***Sci-Fi tells us that while there are no new episodes of MST3K, they will be repeating previous series on Sundays at 12noon from 16 July.***

SEVENTH HEAVEN!

THREE cheers for the Disney Channel and their showing of *Miami 7*. My daughter, Mary, loves the show, and I must admit, I do too! It's a joy to watch, with great pop songs and amusement in every episode. What a great way to showcase the fresh-faced talent Britain has! I would recommend everyone take a peak at *Miami 7* – there ain't no party like an S Club party! Are there any plans to screen *LA 7*?

Roger Sheppard
Southampton

● ***Disney Channel informs us they will be showing* LA 7 *next year, Roger.***

POKÉMON: GOTTA WATCH 'EM ALL

I LOVE *Pokémon*, but Sky One keeps repeating episodes. When will the new episodes be shown?

Kathleen, e-mail

● ***Sky One hopes to air the third series of* Pokémon *early in 2001.***

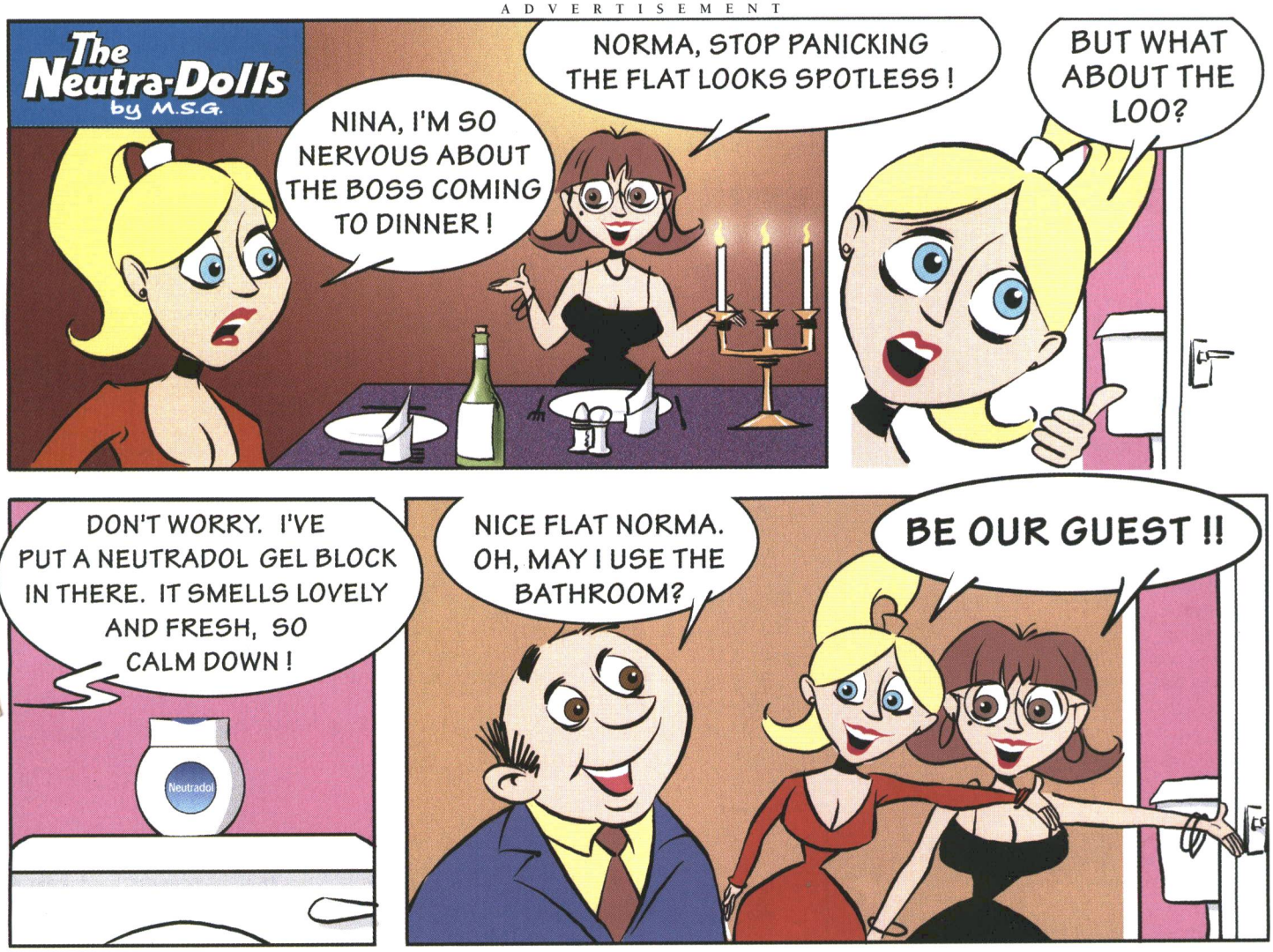
'Viewers' Views' may be edited for length.

PHOTOS: UNITED ARTISTS, EMPICS, WARNER BROS, BBC, BSKYB, PARAMOUNT COMEDY CHANNEL

Cable Guide Competition Rules

1. Competition is open to all UK residents. Age of entrants may be specified. 2. There is no cash alternative to the prize. The prize must be taken on or between the dates specified relating to the competition prize in question. 3. In the event that a prizewinner is, for whatever reason, unable to take up the prize, *Cable Guide*/the channel concerned reserves the right to award the prize to the runner-up. *Cable Guide*/the channel concerned accepts no responsibility to provide the original prizewinner with any form of replacement. 4. Unless otherwise stated, a competition will be won by an eligible person who has submitted a correct entry on or before the closing date. The winning entry will be drawn at random by the judges. The Editor's decision is final in all matters relating to *Cable Guide* competitions. 5. No employee of *Cable Guide*, the channel or related companies shall be eligible to enter. 6. *Cable Guide*/the channel concerned can accept no responsibility for lost, damaged or unidentified entries. Proof of postage is not proof of delivery. 7. Winners may be asked to be involved in publicity. 8. For a list of winners send an SAE marked 'WINNERS', with the date the competition ran and the prize, to: *Cable Guide*, 1st Floor, 40 Bernard Street, London WC1N 1LE

ADVERTISEMENT


The Neutra-Dolls
by M.S.G.
NINA, I'M SO NERVOUS ABOUT THE BOSS COMING TO DINNER !
NORMA, STOP PANICKING THE FLAT LOOKS SPOTLESS !
BUT WHAT ABOUT THE LOO?
DON'T WORRY. I'VE PUT A NEUTRADOL GEL BLOCK IN THERE. IT SMELLS LOVELY AND FRESH, SO CALM DOWN !
Neutradol
NICE FLAT NORMA. OH, MAY I USE THE BATHROOM?
BE OUR GUEST !!

NEWS

I had to write to you to congratulate you on such a splendid product as Neutradol. I use it in my bathroom and find it much better than any other products I have used.

Mrs P. S
Scotland

Works like a dream

Neutradol®

The World's N°1 Deodorizer

THE BEST BY TEST

Fabric Deodorizer | Carpet Deodorizer | Long Lasting Deodorizer | Aerosol Deodorizer

The real thing
Preferred by millions

472 2523

Lombard Direct

THE PERSONAL LOAN SERVICE

"A PERSONAL LOAN OVER THE PHONE? HERE'S A GUIDE."

WHY CHOOSE A LOMBARD DIRECT LOAN?

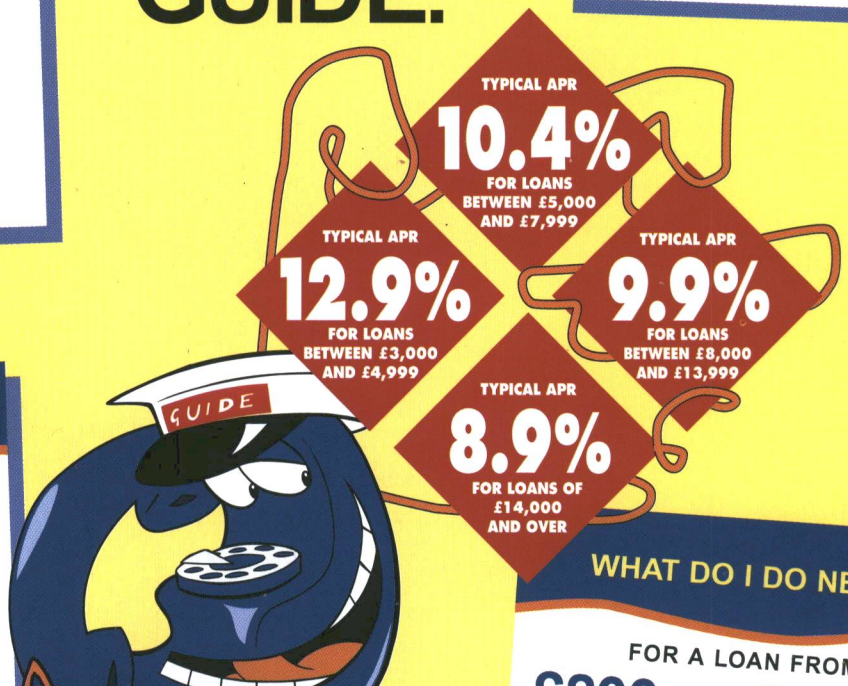
- Our unsecured loans range from £800 to £15,000
- You can use one for almost anything you like
- Rates reflect your circumstances and loan amount
- For loans of £14,000 and over, our typical rate (the rate more of our customers pay than any other) is **8.9% APR**
- For loans between £8,000 and £13,999, our typical **APR** is **9.9%**
- For loans between £5,000 and £7,999, our typical **APR** is **10.4%**
- For loans between £3,000 and £4,999, our typical **APR** is **12.9%**
- For loans between £2,000 and £2,999, our typical **APR** is **15.9%**
- For loans under £2,000, our typical **APR** is **16.9%**
- You can repay over 2, 3, 4 or 5 years
- The interest rate stays fixed over the loan period
- Your repayments are guaranteed to remain the same
- There is no complicated paperwork
- We have no administration fees
- You can apply 24 hours a day - 7 days a week
- No-one beats our commitment to personal service and customer care.

HOW DO I APPLY?

You are welcome to apply for a loan if you:

- do not have any County Court Judgments
- are aged between 22 and 65
- have a bank or building society current account
- are resident in the UK.

Call us free on **0800•2•15000***. We'll ask a few more questions about your home, work, bank or building society, income and outgoings. And we'll usually give you a decision there and then. It's that simple.



WHAT'S A TYPICAL EXAMPLE?

For a loan of £5,000 repayable over 36 months, each monthly repayment would be £161.18. The total amount payable would be £5,802.48. **APR 10.4%.**

For your peace of mind, we offer a Repayment Protection Plan ('RPP'**), which covers your repayments in the event of accident, illness or even redundancy.

SELECTED MONTHLY REPAYMENTS AT OUR TYPICAL APRs

	AMOUNT	£1000	£3000	£5000	£8000	£14000
	TYPICAL APR	16.9%	12.9%	10.4%	9.9%	8.9%
24 Months	With RPP**	£55.92	£161.24	£254.16	£404.60	£700.88
	Without RPP	£48.83	£141.49	£230.57	£367.23	£636.74
36 Months	With RPP**	£41.89	£118.40	£182.55	£289.88	£499.62
	Without RPP	£35.02	£99.92	£161.18	£256.18	£442.31
48 Months	With RPP**	–	£96.83	£146.35	£231.82	£397.55
	Without RPP	–	£79.29	£126.66	£200.90	£345.45
60 Months	With RPP**	–	£85.10	£125.72	£198.63	£338.88
	Without RPP	–	£67.03	£106.08	£167.93	£287.61

WHAT DO I DO NEXT?

FOR A LOAN FROM

£800 TO £15,000

SIMPLY CALL

0800•2•15000*

AND QUOTE REFERENCE NO. 472 2523

FOR LOANS, CREDIT CARDS, SAVINGS & INSURANCE SIMPLY CALL

0800•2•15000*

LINES OPEN 24 HOURS A DAY - 7 DAYS A WEEK

*Telephone calls may be monitored/recorded for staff training purposes.

**Lombard Direct represent Lombard Direct Insurance Services Limited, who act as an independent intermediary for a number of Insurers under the Association of British Insurers' Code of Practice. Repayments with RPP include Insurance Premium Tax.

All information and rates correct at time of going to print. For loans taken out over a period of 48 or 60 months, the amount you borrow should not be less than £2,000. Loans are available to anyone aged between 22 and 65. Written quotations for credit are available on request by writing to Lombard Direct, Lombard Bank Limited, Lombard House, 339 Southbury Road, Enfield, Middlesex EN1 1TW. All credit is subject to status and conditions. Lombard Direct and the telephone character are registered trademarks.